

Op-Ed	2	Health	22
News	3-8	Cops	23
Feature	10-13	Legal	25
MWR	16	Chapel	28
Community	18-19	Sports/Fitness	32





## Setting New Sights

Basic Combat Training unit develops new way to qualify Soldiers in marksmanship.

page 20

# The Fort Jackson Education

Thursday, March 27, 2008

Published for the Fort Jackson/Columbia, S.C. Community

www.fortjacksonleader.com

# Victory really does start at Fort Jackson

Chris Rasmussen

Leader Staff

Fort Jackson is officially at the forefront of developing, refining and supporting Basic Combat Training across the Army.

The U.S. Army Basic Combat Training Center of Excellence was effective Feb. 1 and made official March 10.

"The entire Army will transform to centers of excellence," said Col. Kevin Shwedo, Fort Jackson's deputy commanding officer. "Fort Leonard Wood (Mo.) will have a Maneuver Support Center of Excellence, there will be a Human Resource Center of Excellence at Fort Knox (Ky.). We will gain some synergy by linking similar functions and build the best product for the Army."

Fort Jackson is transforming BCT through doctrine, education, research and training support as well as acting as the proponent for BCT, Drill Sergeant Program, Initial Entry Training Reception, IET Leadership Education and Training Courses, Army Physical Readiness and Warrior Transition Course.

"Basic Combat Training is the primary mission of Fort Jackson, and it has been for some time," Shwedo said. "We have done a good job transforming BCT from a process-oriented experience to an outcome-based experience that reflects the relevance of the training regulations that have been laid on us by the operational Army."

Chris.Rasmussen@us.army.mil

#### Hold it steady!



Photo by Carrie David Ford

Basic Combat Training Soldier Pvt. Liliana Ruiz, Company D, 2nd Battalion, 60th Infantry Regiment, traverses the log on the Slider at the Confidence Course March 19. On the Slider, Soldiers must climb a net, walk across a log, climb a ladder and then "slide" to the ground while secured to a cable with a safety harness.

# Fort Jackson's top 36 earn Expert Infantry Badge



Photo by Susanne Kappler

Staff Sgt. Derrick Manuel, Company B, Victory Support Battalion, demonstrates the proper use of the M-136 (AT-4) light antiarmor weapon during Expert Infantry Badge testing March 18.

Susanne Kapple

Leader Staff

Almost 70 percent of Fort Jackson permanent-party Soldiers who tested for the Expert Infantry Badge last week passed, but according to the U.S. Army Infantry home page, Army-wide the average pass rate is just under 10 percent.

Of the installation's 54 noncommissioned officers who were tested, 36 received their badge in a ceremony Tuesday, and seven of them were given the "true blue" distinction for passing the tests without mistakes.

Brig. Gen. James H. Schwitters, Fort Jackson commanding general, expressed delight with the execution of the test.

"I should add my compliments to the cadre and members of

the 171st (Infantry Brigade) for providing the expertise to run the testing and the whole program. It was a well-run, seamless and flawless administration of the test," he said.

He also emphasized the initiative shown by the NCOs who were tested.

"The fact that even while we're at war as an Army while we have many of these NCOs who have achieved combat infantryman status for them to seek the recognition that comes with the EIB is certainly important."

Sgt. 1st Class Bradley Sperling, operations NCO in charge at the Victory Support Battalion, partly attributed the success rate to

See **EIB** Page 3

## OPINION - EDITORIAL -

## **Ask the Garrison Commander**

# Advance assignment; custom engravings



Col. Dixon

change of station to Korea for a 12-month tour. I am told that I may request an advance home base assignment before PCSing. Is this true, if so what are the procedures for this request?

Yes, you may A les, year advance assignment before you depart for Korea. The program is called the Home base and Advance Assignment Program. AR 614-

The program is designed to reduce PCS

200, chapter 9, paragraphs 9-1 and 9-2 pro-

vides guidance on the HAAP program.

Q I am scheduled costs and increase stability of Soldiers and their families.

Q I was at a "hail and farewell" last week and a statue of the "Band of Brothers" was presented to one of the recipients. I was told the statues are available on post from Morale, Welfare and Recreation somewhere. Is there a place that carries them on Fort Jackson. If so where?

Yes, MWR does carry the "Band of Brothers" statue at Firehouse Productions, located at 1444 Marion St.

The shop also carries a variety of other statues and a selection of other custom gifts, awards and trophies. Among the services offered are laser engraving; sand blasting; embroidery of shirts, hats, guidons, etc;

dye sublimation for mugs, shirts, mouse pads and more; poster printing and mounting, as well as several other impressive graphic and printing services.

Call 751-4835 for a more detailed description of what custom items Firehouse Productions has available and which services it can provide.

Firehouse Productions is open from 9 a.m. to 4:40 p.m., Monday-Friday.

#### **Garrison Fact of the Week**

The official Army benefits Web site is http://myarmybenefits.us.army.mil/EN/. It serves the Army, Army National Guard, Army Reserve, family members and retirees. The "my benefits" section produces personalized survivor and

retirement benefit reports for active-duty Soldiers and their family members using Defense Enrollment Eligibility Reporting System data.

Add investments, insurance, and Servicemembers' Group Life Insurance or use the "what if" capability to see how life events such as getting married, having children, or retiring at a projected date and rank change your financial picture.

The site also contains a complete set of fact sheets on state and federal benefits. Discover your eligibility, research the details of your benefits, and find locations where benefits services are provided.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail nahrwolds@jackson.army.mil.

## Fort Jackson talks back

### Do you think there are still women's equality issues? If so, what are they?



Sharrin Gunter **AAFES** 

"Yes, I think some issues need to be addressed, like equal pay. That's the most important one.'



Lynn Slice Family Member (Retiree)

"I haven't personally been affected by equality issues."



Command Sgt. Maj. Dan Hagan Task Force Marshall

"I don't think there are problems with equality in the military. Female Soldiers are treated equally to their male counterparts when it comes to advancement and career progression. Gender doesn't drive advancement, performance does."



"I think there will always be some equality issues in all areas, like state, government, military and jobs. It's gotten better, but there's always going to be a slight."



Pvt. Jason Johnson 369th Adjutant General Battalion

"I believe there are some issues. In the military, women should be allowed to do every military occupational specialty men can do. I've seen females take on challenges during Basic Combat Training and Advanced Individual Training that surpass what men can do.'



Pfc. Aaron Lalonde 187th Ordnance Battalion

"I wouldn't be surprised if there were still some issues. I feel women are becoming a more important part of the economy. We've come a long way. Women are working more, we have a woman running for president now."



# The Fort Jackson

#### Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or Camden Media Company of the firms, products, or services advertised. All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

The Fort Jackson Leader is published by Camden Media Company a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Jackson. The civilian printer is responsible for commercial advertising.

For display advertising rates and information: Camden Media Company, P.O. Box 1137, Camden, S.C. 29021, (800) 698-3514

For classified advertising e-mail: skaress@ci-camden.com or fax (803) 432-7609.

To submit articles, story ideas or announcements, write

the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fileader@jackson.army.mil.

Commanding General Brig. G	Gen. James H. Schwitters
Public Affairs Officer	Karen Soule
Command Information Officer	Joseph Monchecourt
Editor	Carrie David Ford
Staff writer	Mike Glasch
Contract writer	Chris Rasmussen
Contract writer	Susanne Kappler
Web site ww	w.fortjacksonleader.com

# **Army offers women most opportunities**

Mike A. Glasch Leader Staff

Opportunities for women in the military have increased since U.S. Army Medical Command's command sergeant major joined the Army in the mid-70s.

"When I first came in, there were not many role models for female Soldiers. Part of that was because at that time you could not be a Soldier and a mother. If you became pregnant you didn't have any options," Command Sgt. Maj. Althea Dixon told the crowd at the Women's History Month Celebration luncheon at the Officers' Club March 19. "I didn't see my first female command sergeant major until I had been in for about 10 years."

Until that time, Dixon had a goal of staying in the Army and rising to the rank of sergeant first class. After that experience, Dixon knew she could aim higher.

"Seeing another female Soldier who had made it to the top ranks really inspired me," Dixon said.

Now a role model herself, Dixon said women in the military have come a long

way, but there are still changes that need to be made. She pointed to the Army's regulation on women in combat.

"It (AR 600-13, Army Policy for the Assignment of Female Soldiers) was last updated in 1993," she said. "The current policy allows any 'woman to serve in any officer or enlisted specialty or position except in those specialties, positions or units, battalion size or smaller which are assigned routine missions to engage in direct combat or which are routinely co-located with units assigned a direct combat mission.'

"I'm not sure how we are enforcing it, but I can tell you from where I sit, women sustain their fair share of injuries in combat operations."

Dixon said the line between combat and non-combat specialties is getting fuzzier and as the United States relies more heavily on women in national defense.

She added that it should not be a shock that the role and number of women in uniform continues to grow.

"In a country where our civilian counterparts still only make three-fifths of men's



hoto by Mike A. Glasch

Command Sgt. Maj. Althea Dixon, U.S. Army Medical Command command sergeant major, talks about the strides women have made in the Army during Fort Jackson's Women's History Month luncheon held March 19 at the Officers' Club.

wages, it's not surprising that women are choosing to join the few American organizations offering equal pay for equal work," Dixon said. "Today, women continue to strengthen our armed forces, our nation and the world, by excelling as leaders in all walks of life."

Michael.A.Glasch@us.army.mil

#### **EIB** (continued from Page 1)

the Soldiers providing the training.

"Most Soldiers said they appreciated the professionalism of the graders and lane NCOICs," Sperling said. "The candidates were provided with enough training time to ensure a high probability of success when it came to testing."

Staff Sgt. James Hawkins, a drill sergeant with Company C, 3rd Battalion, 34th Infantry Regiment, and one of the Soldiers who received the "true blue" distinction said he agreed.

"I thought the training was outstanding," he said. "The entire cadre was there to assist in any way possible to make sure we understood the standard."

Fort Jackson conducts EIB training even though the installation is not home to an infantry division.

"It means a lot to Fort Jackson to have this competition because it continues a proud tradition of infantrymen striving for excellence," Schwitters said.

Sperling said he saw an advantage in conducting EIB testing on a "non-typical" installation.

"Most Soldiers will be hard pressed to train and test for EIB when they get to a line unit. They have their own unit's mission in addition to EIB," Sperling said. "This way, we allow the Soldiers dedicated time to fulfill the EIB testing requirements."

The EIB can be earned by Soldiers who have infantry or Special Forces military occupational specialties. In addition, candidates need to:

- Have a score of at least 75 percent on their Army Physical Fitness Test;
  - Have an "expert" weapons qualification;
- Have completed the day and night land navigation course;
- And have finished a 12-mile tactical road march within three hours.

"It (the EIB) means everything," said Staff Sgt. Michael Canterbury, Company B, VSB. "This is the culmination of an infantryman's life. This is everything we are. It took a long time to train. I had six years before I actually had the chance. This is my first time. I lucked out and went 'true blue."

Hawkins agreed.

"It means a lot to me, because it's one more way to set

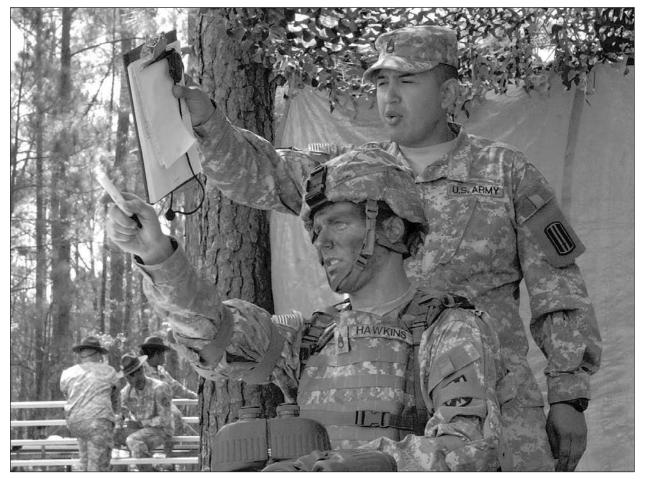


Photo by Susanne Kappler

Sgt. 1st Class Juan Barrera, Company C, 3rd Infantry Battalion, 60th Infantry Regiment instructor, points out targets to Staff Sgt. James Hawkins, Company C, 3rd Battalion, 34th Infantry Regiment at the range estimation station during the Expert Infantry Badge testing Tuesday. Candidates have to estimate the range using binoculars.

the example for your Soldiers to follow. I believe leaders should be in front, and this is a step closer to the front," he said

During the testing, candidates need to prove their proficiency in more than 30 infantry skills, including advanced weapons, navigational and first aid expertise.

Fort Jackson last conducted EIB training three years ago.

The 100th Infantry Division Association will present a cash gift to the highest EIB scorer later in the year.

The EIB was first awarded in 1944 to noncommissioned officers of the 100th Infantry Division and remains highly coveted by infantrymen. The 100th Inf. Div., now assigned to Fort Knox, Ky., was activated at Fort Jackson in 1942.

Susanne.Kappler1@us.army.mil

# Around Post

# Retirement Planning

A Retirement Planning class will be held 9-10 a.m., today at the Education Center, Room B302. To register or for more information, call 751-5256/6325.

# TRICARE Teleconference

A TRICARE Teleconference will begin at 6:30 p.m., today. The topic will be behavioral and mental health benefits for active-duty service members and their families. Participants may call from any location. The phone number is (866) 374-6518 and the participant code is 6847571#.

#### **Motorcycle Rally**

A Motorcycle Rally sponsored by the Safety Office will begin noon, Friday at the MG Robert B. Solomon Center. It will include a one-hour class, a courtesy motorcycle and helmet inspection, local vendors and celebrities and a 17-mile ride around post. For more information, call 751-7553.

#### Mini Job Fair

A mini job fair will be held from 10 a.m. to 2 p.m., Wednesday at the Education Center, third floor. For more information, call 751-5256.

# ID Card Office Closure

The Fort Jackson ID Card Office will be closed Monday-Wednesday for systems upgrades. The new upgrades will incorporate additional security software that will require applicants to submit two forms of identification when applying for an ID card. If service is required during the closure, contact: Naval Operations Center, 2620 Lee Road, 751-9251; 16th FW S.C. Army National Guard, 1325 South Carolina Road, Suite 7, (803) 647-8205; or Shaw Air Force Base, 504 Shaw Dr., (803) 895-1596. For more information, call 751-6024. Arrangements should be made if an ID card will expire during the closure.

#### **Electronic Recycling**

A free electronic recycling event will be held from 9 a.m. to 2 p.m., April 5 at the Fort Jackson Recycling Center. All makes and models of electronic equipment are welcome.

# Wounded Soldier hotline marks first year

Human Resources Command Public Affairs Office

WASHINGTON — The Army's Wounded Soldier and Family Hotline celebrated its one-year anniversary March 19, having fielded almost 12,000 calls in a 12-month period.

The hotline was created by the Army's senior leadership as an additional resource for wounded Soldiers and their families to help them resolve difficult medical-related issues.

"The hotline's purpose isn't to circumvent the chain of command," said call center deputy chief, Col. Robert Clark. "However, the hotline reflects the Army's determination to address and resolve Soldiers' issues as rapidly as possible. We are able to interject at senior levels in all areas and work from the top down to get issues resolved quickly."

The almost 12,000 calls have come from Soldiers across all components, as well as veterans, family members, advocates and friends.

Calls have come from all 50 states, the District of Columbia and Puerto Rico, and

from as far away as Afghanistan, Iraq, Germany, Korea, Japan, Philippines, Brussels, Italy and Kuwait.

The hotline has addressed almost 2,700 issues and answered approximately 6,700 other inquiries and requests for information during its first year. The remaining calls were referred to other more appropriate agencies for assistance.

While not everyone can be satisfied with the outcome of his or her call to the hotline, 85 percent of the issues are resolved favorably.

The top issues resolved by the hotline include those related to health care, pay and benefits, chain of command issues, legal assistance and awards questions.

Not only has the hotline helped Soldiers resolve difficult issues, but hotline employees have also intervened in several threatened suicides both in theater and at home.

During the year, hotline personnel have seen some changes regarding the number and types of calls coming into the center. During this same period, there was an increase in calls following the activation of the Army Medical Action Plan.

Soldiers assigned to Warrior Transition Units called to inquire about assignments, and wounded and injured National Guard and Army Reserve Soldiers requested help with activation into the active Army.

A comparison of the first six months of calls to the last six months shows an overall 29 percent reduction in the number of calls. As the Army worked diligently to improve medical care this past year, medical-related calls fell by nearly 50 percent.

The Wounded Soldier and Family Hotline continues to meet the changing needs of the Army.

"The Army cares about its Soldiers and families. We are going to take care of them and ensure they have every single resource available to them in the United States Army," said Col. Edward Mason, the hotline's chief.

The Wound Soldier and Family Hotline, managed by the U.S. Army Human Resources Command, in Alexandria, Va., is available around the clock at 1-800-984-8523.

#### Freakley shares experiences



Photo by Chris Rasmussen

Lt. Gen. Benjamin C. Freakley, U.S. Army Accessions Command commanding general and deputy commanding general for Initial Military Training, speaks March 13 during the Lt. Gen. Timothy J. Maude Leadership Lecture Series at the 120th Adjutant General Battalion (Reception) chapel. The lecture series is named in honor of Maude, who was killed in the Pentagon in the 9/11 attack.

## Leader writer earns DA crown jewel for journalists

#### Staff Report

Mike A. Glasch, a staff writer for The Fort Jackson *Leader*, recently was named the Department of the Army Civilian Print Journalist of the Year.

The award is one of the crown jewels of the annual Keith L. Ware Journalism Awards competition, which pits Army journalists — broadcast and print, civilian and military — against each other at the beginning of each year.

Glasch also won a DA first-place award for a feature story.

Leading up to the DA-level competition, Glasch gathered four awards at the Installation Management Command-Southeast level, including Civilian Print Journalist of the Year.

Glasch's other awards at the IMCOM-

SE level include: First place for Feature Story, first and second place for Sports Story.

Although he took highest honors at the regional and DA levels, Glasch was not the only *Leader* team member to win awards.

In fact, the *Leader* has won 14 of 44 regional-level awards and three DA-level awards as well as a DA-level honorable mention

Leader editor Carrie David Ford garnered three awards at the regional level — a first place and a third-place tie for a Commentary and third place for a Stand Alone Photo. She also took second place at the DA level for a civilian Commentary.

Kristen Marquez, a Department of the Army Public Affairs Office intern, won first place in Photojournalism and second place in Commentary. She received an honorable mention for civilian photojournalism at the DA level.

Newly hired staff writer Susanne Kappler won a first-place and two second-place awards for writing and photography in the stringer category, respectively.

The *Leader* itself took second place both in the Tabloid Publication required edition and the Tabloid Publication editor's choice edition

The Keith L. Ware competition recognizes the journalistic excellence of Army military and civilian journalists. It's named in memory of Maj. Gen. Keith L. Ware, former Army Chief of Public Affairs. Ware received the Medal of Honor in World War II and was killed while commanding the 1st Infantry Division in Vietnam in 1968.

# **Customer Service Corner**

# Movies; school liaison; detectors

Christina Garza

Community FIRST Coordinator

This week's article focuses on issues submitted to Community FIRST/Army Family Action Plan. These issues were reviewed by the garrison headquarters, Directorate of Morale, Welfare and Recreation and the Directorate of Public Works, and have been deemed completed.

The first issue is that currently there is no movie theater on Fort Jackson, and that one is needed. The movie theater could be supported by the retired military members who are allowed on post.

The recommendations ranged from construction of a new theater to renovating the existing one of Jackson Boulevard.

The garrison commander said that the funding has been approved to renovate and reopen the existing movie theater.

The second issue is that the School Liaison Office is difficult to find. It is located in the Joe E. Mann building and not with Army Community Services.

The recommendation is to move the School Liaison Office to the Strom Thurmond Building, either in or near ACS.

This will help make information more accessible to new families arriving at Fort Jackson

The Directorate of Morale, Welfare and Recreation responded that the School Liaison Office is located with Child and Youth Services administration and the CYS Central Enrollment Office to ensure that if the school liaison officer is not available, then other staff members will be able to address issues and complete in and out processing requirements.

In addition, there is a receptionist in the central area of the Joe E. Mann building who can direct families to the School Liaison Office. CYS has coordinated with ACS to place the school liaison officer's contact information in its offices.

The third issue is that the new motion detectors installed at traffic signals do not work properly, particularly at the intersection of Magruder Avenue and Strom Thurmond Boulevard heading outbound. It takes four minutes for the light to turn green turning left out of Gate 2 regardless if traffic is moving on Strom Thurmond Boulevard.

The recommendation is that the signals be calibrated to work properly to relieve excess wait times.

The Directorate of Public Works responded that crews are in the process of adjusting the detectors to work more effi-

The Directorate of Morale, Welfare and creation responded that the School Lion Office is located with Child and adjusted as needed.

The Community FIRST/AFAP is an ongoing process allowing community members to submit issues that cannot be fixed by the ICE system. Issues can be submitted through the Customer Management Services Web page or Community FIRST/AFAP Interactive Customer Evaluation link, whether it affects Fort Jackson or the entire Army; feedback is important.

Help the community by submitting issues and recommendations online at: <a href="http://www.jackson.army.mil/WellBeing/wellbeing.htm">http://www.jackson.army.mil/WellBeing/wellbeing.htm</a> Click on "Submit an Issue or Recommendation" or click on the AFAP Logo to submit an issue.

#### ICE Appreciation

The garrison congratulates the Fort Jackson Directorate of Plans, Training, Mobilization and Security, Security Division, and the Directorate of Morale, Welfare and Recreation, Palmetto Lodge. They have achieved a 5.0 and a 4.92 rating, respectively, in employee/staff attitude out of a possible 5.0, for a 12-week period. This is an outstanding performance in customer satisfaction. Keep up the good work.

# A tip of the campaign hat to this week's ...

# **Drill Sergeants** of the Cycle

"Victory Starts Here"

from the "Roadrunners"

Battalion



Staff Sgt.
Kenneth Parent
Company A,
1st Battalion,
61th Infantry
Regiment



Staff Sgt.
Fredric Lawrence
Company B,
1st Battalion,
61th Infantry
Regiment



Staff Sgt.
Jeremy Duncan
Company C,
1st Battalion,
61th Infantry
Regiment



Sgt. 1st Class Israel Mendiola Jr. Company D, 1st Battalion, 61th Infantry Regiment



Staff Sgt.
Adrian Marbury
Company E,
1st Battalion,
61th Infantry
Regiment



Staff Sgt.
Tamika Haywood
Company F,
1st Battalion,
61th Infantry
Regiment

## Safety Spotlight

# ARAP addresses 'why' of Army accidents

Sam Reynolds

U.S. Army Combat Readiness/Safety Center

FORT RUCKER, Ala. — In an effort to provide Army Readiness Assessment Program users increased navigation capability and functionality, the Army announces an updated version of ARAP, called, "ARAP Next Generation" or "Next Gen."

For more than two years, the U.S. Army Combat Readiness/Safety Center compiled feedback and suggestions from ARAP users — battalion commanders, Soldiers, Department of the Army civilians and contractors — on possible improvements. Next Gen encompasses many of those recommendations.

The USACRC developed ARAP in October 2005 to communicate the Army's conviction that Composite Risk Management is the best way to defend against accidental losses experienced in the Army. In February 2006, the Army Chief of Staff mandated ARAP for all battalion commanders, completed in conjunction with the Command Inspection Program.

Designed as a battalion commander's tool addressing root causes of accidental loss by focusing on organizational safety climate and culture, ARAP is a 63-question online assessment, filled out by Soldiers anonymously, which captures unit posture on command and control, standards of performance, accountability and risk management.

"The assessment highlighted the fact that our leaders were not providing command guidance down to the lowest levels," said an Armor battalion commander. "Many Soldiers indicated they were not provided intelligence updates and were not being briefed on current operations. That made us dig deeper to determine what else was not making it all the way down the chain, and we implemented checks to ensure this was corrected."

Once a battalion's assessment is complete, commanders receive

one-on-one feedback in the key issues of command climate, safety culture, resource availability, workload, estimated success of certain safety intervention programs and factors relating to the overall readiness of their unit.

"Some of the improvements to ARAP are the incorporation of improved navigation and functionality, including multiple drop-down windows added to ARAP's registration process," said ARAP Team Chief Sam Reynolds.

"Additionally, Next Gen provides quicker access to a battalion's summary and detailed roll-up reports, printable analysis charts and tables and issues completion certificates," Reynolds said.

Brigade commanders and higher-level commanders are afforded the opportunity, with Next Gen, to receive a debriefing focusing on the aggregate data collected from all enrolled units in that command.

An additional feature of Next Gen is automated e-mails generated to commanders informing them of their ARAP status.

"An e-mail will be sent when the unit is registered and 90- and 120-day notifications, if the unit has not accomplished its survey requirements," Reynolds said. "Three weeks following a completed assessment, the commander receives an e-mail query asking them to share benefits, issues or concerns about the assessment."

ARAP affords Soldiers and employees the freedom to share with their commander issues and concerns that they believe are of utmost importance when dealing with safety issues while provide anonymity. Higher-level commanders say that ARAP affords the opportunity to provide direction and resources to battalion commanders as needed, to effectively reduce accidental losses and positively affect the unit's safety climate and culture."

For more information on ARAP Next Gen or to enroll, visit <a href="https://unitready.army.mil">https://unitready.army.mil</a>.

# ARMY NEWS \_\_\_

# Soldiers trying new protective vests in Iraq

**Spc. Aaron Rosencrans** Army News Service

BAGHDAD — After stomping around for a few days with the new Improved

for a few days with the new Improved Outer Tactical Vest, 4th Infantry Division Soldiers came back with mixed reviews for the new tactical gear.

The new vest has several design differences and some added features, which keep the Soldiers in mind when they are in times of trouble.

The first noticeable difference in the vest design is the way Soldiers don the IOTV. Rather than slipping into it like a jacket, as with the Interceptor Body Armor, they lift it over their head and pull down, which sometimes requires another person to help get the vest on properly.

Soldiers can also detach the fasteners on the wearer's left shoulder, and slip into the vest from the side.

Another key design change is the addition of a quick release lanyard that reduces the vest to its component pieces, which allows the wearer to get out of the vest easily in case of an emergency situation.

Though the troops had mixed feelings about the new vest, they ultimately said the IOTV is a new piece of equipment they will work with the best they can.

"I noticed right away how the weight is more evenly distributed with the new vest," said Pfc. Joe Piotrowski, a native of Chicago, who serves as an infantryman with the 4th Infantry Division, Military Transition Team, Multi-National Division — Baghdad. "However, there's more Kevlar on the inside of the vest, so it got twisted easily and made it uncomfortable."

Piotrowski said he managed to fix the twisted Kevlar inside the vest and hasn't



Photo by Spc. Aaron Rosencrans, Army News Service

Pfc. Joe Piotrowski, with the 4th Infantry Division, Multi-National Division, dons his Improved Outer Tactical Vest March 14 before a mission in Baghdad. He said the new vest is more comfortable than the Interceptor Body Armor and has a better carrying system for his equipment.

had the problem since.

Soldiers also commented on the increased risk of heat rashes that develop from wearing a large, hot piece of equipment

"The new vests are more ergonomically correct, but they don't breathe very well," said Sgt. Jayme Turner, a native of Salt Lake City, Utah, who serves as a combat medic with the 4th Inf. Div. MiTT. "With the old system, when it's hot out, you get a little rash in the summer; however, with this system you get a much bigger rash all over."

One of the perks of the new design was a flush front, where Soldiers have more room to attach accessories to carry weapon magazines and other necessary equipment.

"Tactically, it's better because I have more places to put my magazine pouches to make them more accessible," Piotrowski said. "Also, you don't have two sides to worry about; you get to work with the whole front flap, which is nice. I like the built-in side plates as well. They're a lot better than the other ones."

Turner and Piotrowski both said the serves with the Multi-National quick-release system was a good feature to Baghdad Public Affairs Office.

have in case of an emergency; however, it needed to be reworked to prevent it from pulling the vest apart when it wasn't intended.

"The quick-release feature was a good idea to help Soldiers get out of their vest in an emergency situation, but I hear it's a pain to put back together," Piotrowski said. "If something does happen where you're submerged under water or something like that, it'll be a lot better to take this vest off rather than the other one where you have to take it off like a jacket. The new system will just fall off of you."

He added that something needs to be done to make the quick-release system not as easy to pull, just to ensure the vest does not fall apart during combat operations.

Soldiers have added tape to the cord on the quick release system to prevent it from loosening when it was not intended to.

Because of the added components of the IOTV, Soldiers now understand it's not just their weapon and vehicle they need to properly maintain, but their armor as well.

Turner said it is more important to perform preventative maintenance checks and services than with the old system. He explained how he had seen a vest malfunction on a Soldier while climbing into a UH-60 Black Hawk helicopter.

The IOTV was issued to Soldiers who initially received the IBA for their deployment and have 120 days or more remaining on their tour. For the most part, Soldiers are adapting to the new system, and they are working with the IOTV to make it better as the days go on.

Editor's Note: Spc. Aaron Rosencrans serves with the Multi-National Division-Baghdad Public Affairs Office.

# Combat pay counts toward economic stimulus eligibility

Jamie Findlater

American Forces Press Service

WASHINGTON — Military personnel serving in combat zones are eligible for an economic stimulus payment, an Internal Revenue Service spokesman said today during an "America Supports You Live" interview on *BlogTalkRadio.com*.

While combat pay generally is nontaxable, service members are permitted to count this pay on their 2007 or 2008 income tax returns if it helps their eligibility, Clay Sanford explained.

"A military person who would not normally file a 2007 tax return because the 2007 income is not taxable, can file a 1040A with the IRS and receive the stimulus payment," he said. Service members should report their nontaxable combat pay on Line 40b of the Form 1040A to show at least \$3,000 in qualifying income, he added.

Starting in May, as part of the economic stimulus plan, the IRS will issue payments of up to \$600 — \$1,200 for married couples — plus a \$300 payment for each qualifying child younger than 17. The payments are based on 2007 income tax returns. The payments for individuals begin to phase out starting at \$75,000 in adjusted gross income for single taxpayers, and at \$150,000 for married couples.

People must have at least \$3,000 in qualifying income to get a payment. Qualifying income is defined as any combination of earned income (such as wages or taxable income from self-employment), nontaxable combat pay and certain benefits from Social Security, Veterans Affairs and Railroad Retirement.

Sanford encouraged qualifying service members to submit early. While military service members who are serving in a combat zone are granted an extension of 180 days after leaving combat, spouses or others with a power of attorney can prepare and file a 2007 income tax return on their behalf so that the stimulus payment is received this year. The return must be filed by Oct. 15.

Sanford offered additional tax advice to service members during the interview, especially those who are just starting out and filing taxes for the first time.

"Keep receipts and copies of your tax returns," he cautioned. It's a good idea to keep receipts for six years and the tax returns indefinitely, he advised.

"You are responsible for your own tax return, regardless of whether you do it yourself or rely on a tax preparer," he said

Sanford listed a number of helpful documents that can provide clarification. By going to the IRS Web site at

www.irs.gov and typing in "Publication 3," he explained, service members will find a great resource. He also recommended Publication 17 for learning more about general filing of individual income tax, and Publication 525, aimed at veterans and those with pensions. He also noted that many military members qualify for free electronic tax filing

"Additionally, on most military installations, the legal office is there to provide you with information," he said, and he also noted that the military is one of the IRS's leading partners in its Volunteer Income Tax Assistance program, which provides on-site help to taxpayers, courtesy of volunteers in their organizations.

In today's digital age, *irs.gov* is a great resource for service members, Sanford went on to say. Sanford encouraged service members to visit the site for detailed educational guides on filing, helpful tips and tools, and to learn more about special deductions that may not be intuitive for military members.

Those without easy access to the Internet can call 1-800-TAX-1040 toll free for information and answers to any specific questions, he said.

Editor's Note: Jamie Findlater works in the New Media branch at American Forces Information Service.

## FEATURE \_\_\_

# Helping those who help themselves

Julia Simpkins
Public Affairs Staff

Gone are the days when Soldiers could pull up a truck to the Self-help Store and load up building supplies and paint. Instead, a more organized system will help them accomplish their minor construction and repairs.

The Directorate of Public Works now runs the self-help program, which allows Soldiers and civilians employees at Fort Jackson to obtain materials specified in work orders, through the Directorate of Contracting.

Clyde Reynolds, the director of DPW, heads up the self-help effort.

"They fill out Form 4283 and tell us exactly what they need and we get it for them," he said. "They need to think about what they're going to do before they submit a work order because whatever they ask for is exactly what they're going to get, no more."

Reynolds said the program saves time and man-hours by allowing Soldiers to do their own projects instead of waiting for DPW personnel to do them. Projects must fall under specific guidelines, however, and are limited in scope.

"For instance," Reynolds said, "If they're going to build a structure such as a shed, they have to get digging and construction permits, as well as a safety inspection. These things must be done. There is no 'cutting corners.'"

Cutting corners, Reynolds said, most often results in wasted resources and is sometimes unsafe.

"We had one situation where a unit installed their own ceiling fans and when the fans stopped working because they shorted out they called us to fix them. We realized that we hadn't installed the fans and we had to remove them — for safety," he said.

Unauthorized electrical work is a serious infraction of safety regulations, Reynolds said. To have light fixtures or wiring installed on government property, people must go through DPW, using their licensed electricians.

"It's an education process. There could be serious repercussions to incorrectly installed electricity — you could kill somebody," he said. "We never authorize electrical work. We do that for them if we find the request is valid."

The self-help program is also useful for getting lumber for training aids, such as the wooden building structures at Anzio



Photo by Julia Simpkins

Chuck Schmitz, warehouse manager, Directorate of Public Works, checks supplies at the self-help program warehouse facility Friday. Units can request supplies for unit improvements by completing Department of the Army Form 4283.

Range and at the Military Operations on Urban Terrain site.

While it is a good idea for units to use requisitioned materials to create training aids, Reynolds said, changing building structures is not allowed.

"You can't modify real property. That means you can't install studs and drywall and build yourself a wall inside your office." he said.

Such modifications, if deemed necessary, are made through DPW.

Paint is another material easily procured through self-help. DPW can order any color specified on the form, Reynolds said.

"We give out lots and lots of paint. In the barracks, they're constantly painting."

At the 120th Adjutant General Battalion (Reception), Soldiers routinely replace worn or stained ceiling tiles. "They come here and pick them up by the thousands. That's good because they don't store them, they use them right away."

The program is also good for obtaining fluorescent tube lights, a common fixture

in most offices.

The limited warehouse facilities DPW uses are mainly for plumbing supplies and minor building accessories. The walls are lined with fan belts and boxes of fluorescent bulbs and the shelves house pipe fittings, screws and bolts.

Men on forklifts move boxes from place to place. Other materials, such as lumber, are purchased from commercial vendors as needed and picked up by the requester.

At the 120th, Pfc. Sheena Frazier said everyone at its supply office (S-4) is familiar with the ceiling tile detail.

"Every company goes around and does an inventory of what needs to be replaced and gives us a count. We place an order and go get the tiles, giving them to the companies who replace the damaged ones with the good ones," she said.

In the barracks, Initial Entry Training Soldiers are often tasked with repainting old unit logos and mottos, as well as creating new artwork.

The 1st Battalion, 13th Infantry Regi-

ment's S-4 noncommissioned officer in charge, Staff Sgt. Clarence Harris, is responsible for getting paint for all the companies. He uses the self-help program regularly.

"We do get paint from there. They (the companies) have to tell us how much and we submit a DA (Department of the Army) Form 4283. We submit it and they give us an estimated time of when we can pick it up. It's an easy process. Whatever they've got, they'll give you. Ten times out of 10 what you order, you'll get," he said. "The normal paint that they use they have in the 5 gallon drum. The odd colors come in one-gallon containers. You can request brushes rollers, paint kits and the plastic."

While the instant gratification of driveup service no longer exists with self-help items, the ordering process works just as well for Soldiers and civilians.

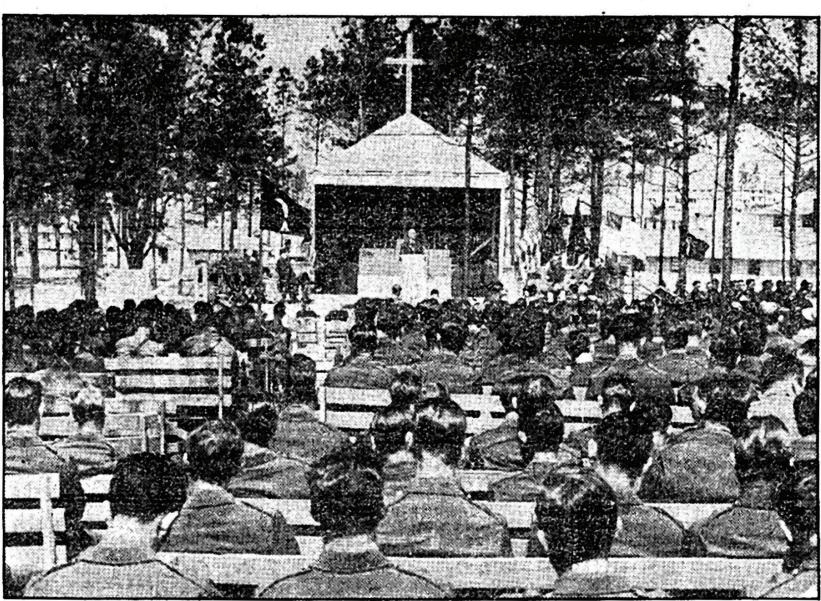
"I have a good rapport with them — it's no problem," Harris said.

For more information, call 751-0938. *Julia.Simpkins@us.army.mil* 

# MARKING TIME

Flashback to Easter 1941. What type of services did Fort Jackson offer to Soldiers and civilians and where were the services held? Read on to find out!

# Easter Services Attended By 12,000



# Have a historical tidbit for us?

The Leader is seeking historical stories and photos to use in its weekly Marking Time section. Retirees, veterans and community members with an interesting fact, story, photo, artifact, etc. pertaining to Fort Jackson should e-mail fileader@jackson.army.mil.

EASTER CHURCH services for meh of the 8th and 30th Divs. were held outdoors last Sunday at Ft. Jackson. More than 12,-000 soldiers and civilians attended. The 8th Div. Easter services for both Protestants and Catholics were conducted by Chapltans Roy F. Reynolds and Andrew T. F. Nowak, respectively. 8th Div. Chaplain Willis T. Howard delivered the sermon (above). Services for the 30th Div. were held in the "Dust Bowl." The Easter Sunrise Service was conducted by Chaplain Wiley Deal, of the 117th Inf. (left). A public address system carried the program to all parts of the field.

—Photos by Bob Ghio, Post Public Relations

## Series: How civilians support the Army's mission

# Living Army values to keep installation safe

Mike A. Glasch

Leader Staff

- I am an Army Civilian a member of the Army
- I am dedicated to our Army, our Soldiers and civilians
  - I will always support the mission
- I provide stability and continuity during war and peace
- I support and defend the Constitution of the United States and consider it an honor to serve our nation and our Army
- I live the Army values of Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage
  - I am an Army civilian

For more than three years, Mark Mallach has had a huge weight on his shoulders. As Fort Jackson's program manager for the installation anti-terrorism (AT) program, he is charged with educating everyone — Soldiers, civilians, family members and contractors — with the terror threat that still exists.

"When most people think of terrorism they have an image of someone running around with a bomb strapped to their chest. But it's a much broader spectrum," Mallach said.

In addition to AT training, Mallach assists the force protection officer in resource management and conducts several exercises throughout the year — severe weather, mass casualty and anti-terrorism.

"We get all the directorates energized and involved in anti-terrorism and force protection issues across the installation. DES (Directorate of Emergency Services) plays a big role," Mallach said.

The retired infantry master sergeant said he learns something new every day.

"The AT programs encompass such aspects as resource management, intelligence, food and water threats,

communication threats and cyber terrorism," he said. "It's a lot broader than most people realize. I'm the guy who stays up nights worrying about how to keep the wrong people off the installation."

But it is not the worrying or the constant learning that Mallach said is the most challenging part of his job. Rather it is educating people about the difference between anti-terror measures and counter-terror measures.

"I'm not a door kicker," he explained.

Anti-terror measures are those precautions and protections a person, organization or installation takes to deter, detect, defend or mitigate a terrorist attack. Counter-terror measures are more direct, he said.

It is because of Mallach's work that Garrison Commander Col. Lillian Dixon said she has one less thing to worry about.

"It is very easy for us to get complacent as we go about our day-to-day routine. We often forget that there continues to be a real threat out there by those who have intentions to harm Americans," Dixon said. "Knowing that Mark is on top of watching out for all of us, doing what it takes to keep everyone inside the gates of Fort Jackson safe from those who want to harm us, takes a huge burden off my shoulders.

"We all have to keep a keen awareness and remain educated on anti-terrorism measures. Mark helps us keep our focus," she continued.

Just like when he was in uniform, Mallach said he is in a position that he has to take seriously, but keep everything in perspective at the same time.

"There are a lot more people counting on me than just my platoon or company. I'm responsible for the safety and security of everyone on the installation," he said. "I still emulate all the Army values — loyalty, duty, respect, selfless service. I still feel that I am part of a big team, the Army family."

Michael.A.Glasch@us.army.mil



Photo by Mike A. Glasch

Mark Mallach, Fort Jackson's program manager for the installation anti-terrorism program, puts up a new AT awareness poster inside Building 2179.

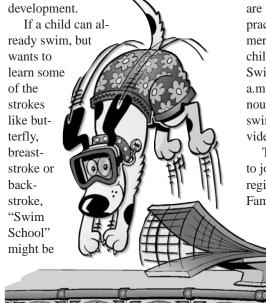


# Swim into spring and summer with CYS

**Beverly Metcalfe** Child and Youth Services

With all the activities going on in and around water in the spring and summer, it can be frightening to be a parent. It is hard to keep track of a child under normal circumstances, much less around water.

Some of those parental fears can be eased with "Learn To Swim" classes for younger children and "Advanced Swim" classes for those who can swim, but need more work on skill



the right choice.

Child and Youth Services offers swimming classes for children and teenagers 5-18 years old, depending on each child's particular needs and aspirations.

For children who want to compete in swimming, youth sports offers a swim team as a summer sport option in partnership with Morale, Welfare and Recreation Aquatics.

Craig Plowman, Youth Sports director, and Brad Gunter, MWR Aquatics director are teaming up to provide swimming practice and meets for competitive swimmers. To qualify for the swim team, a child must be able to swim 25 meters. Swim team will meet for practice 8-9 a.m., Monday-Friday with meets to be announced. The cost to participate in the swim team is \$65 and parents must provide for the uniforms.

To enroll in any of the swim classes or to join the swim team, children must be registered with CYS. As part of the Army Family Covenant, registration is free. The

CYS registration office is at the Joe E. Mann Building, 3392 Magruder Ave. and is

open from 7:30 a.m. to 4:30 p.m. For more information about the swim team or to volunteer, call 751-5040.

#### Swim classes schedule

#### Spring classes still open for registration

Learn To Swim (\$35 per session) Session IV (Tuesdays and Thursdays) Session V (Tuesdays and Thursdays)	April 8-May 1 May 6-29	4:30-5:15 p.m. 4:30-5:15 p.m.
Advanced Swim (\$35 per session) Session IV (Mondays and Wednesdays) Session V (Mondays and Wednesdays)	April 8-May 1 May 6-29	4:30-5:15 p.m. 4:30-5:15 p.m.
Swim School (\$50 per month) Mondays, Tuesdays and Thursdays		5:30-6:30 p.m.
Summer classes		
Learn To Swim (\$35 per session)		
Session I	June 9-20	9-9:45 a.m.
Session II	June 23-July 3	9-9:45 a.m.
Session III		
	July 7-18	9-9:45 a.m.
Session IV	July 7-18 July 21-31	9-9:45 a.m. 9-9:45 a.m.
Session IV Session V	•	
	July 21-31	9-9:45 a.m.
Session V	July 21-31	9-9:45 a.m.
Session V  Advanced Swim (\$35 per session)	July 21-31 Aug. 4-15	9-9:45 a.m. 9-9:45 a.m. 10-10:45 a.m.
Session V  Advanced Swim (\$35 per session) Session I	July 21-31 Aug. 4-15 June 9-20	9-9:45 a.m. 9-9:45 a.m. 10-10:45 a.m.

All classes are held at Knight Pool.

Session V



Southern Style Lunch Buffet, from 11 a.m. to 2 p.m. at the Officers' Club. The buffet is open to every-

Visit Century Lanes for food, fun and bowling.

Play Victory Bingo and win prizes up to \$15,000. There are guaranteed \$50 payouts.

Dance to a variety of music provided by DJ Randall at Magruders Club from 9 p.m. to 3 a.m. The club is located in the back of Magruders Pub and the cover charge is \$3 for military and \$5 for civilians.

Artistic Expression with Jake begins at 6:30 p.m. at the Youth Center Teen Room.

Play in the Navy ROTC golf tournament, beginning at noon at the Fort Jackson Golf Club.

Compete in the Junior Olympics, starting 1 p.m. at the Youth Center Sport Complex.

The Child and Youth Services Penny Carnival will be held 6-7:30 p.m. at the Youth Center.

#### Saturday

Step Team practice begins at 2 p.m. at the Youth Center Dance Room.

The NCO Club presents Classic Soul Saturday from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. Live broadcasts from the BIG DM 101.3 with giveaways are 9:30-

Enjoy Blacklight Bowling at Century Lanes, 9-11:30 p.m. Register to win a Wii. Get a strike when the green pin is in the head position and you could win up to \$100.

The Post Golf Championship will be held through Sunday, starting 10 a.m. at the Fort Jackson Golf Club.

#### Sunday

Play Victory Bingo 12:30-4:30 p.m.

Come to brunch from 11 a.m. to 2 p.m. at the Offi-

Family Day at the Youth Center will be held 2-6

Participate in the Couple's Tournament, 2 p.m. at the Fort Jackson Golf Club.

#### Monday

The NCO Club presents a full lunch buffet, featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m. for \$7.

#### **Tuesday**

**Movie Night** begins at 6 p.m. at the Youth Center in the Teen Room.

Enjoy free movies every Tuesday at Magruders Pub.

#### Wednesday

Be a sensation with Karaoke with Tom Marable at Magruders Club at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

#### Ongoing Offers

• The NCO Club lunch buffet is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.

Aug. 4-15

10-10:45 a.m.

- The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost for adults is \$7 and \$3.75 for children 4-10 years old.
- The Officers' Club specializes in catering wedding receptions, anniversaries, promotions and other special occasions.
- Child care fees are based on total family income (not rank or grade). Care during duty hours is work-related, so fees are based on a family's ability to pay a fair share. The Army makes no profit, but funds the difference in what is paid and the actual cost of child care. Call 751-4865 for information.
- Victory Travel has special offers for a variety of dinner shows and attractions. Some require reservations. Stop by Victory Travel in the MG Robert B. Solomon Center for more information on available dis-
- Enjoy resort accommodations for two to six people for less than one would pay for most hotels with the Armed Forces Vacation Club. For details of resort availability, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces Vacation Caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is Installation No.164.

# COMMUNITY HIGHLIGHTS.

#### **This Week**

#### **Baby Sitter Training**

Baby sitter training for 11-15 year olds will be offered by the American Red Cross 9 a.m., Friday. The cost is \$20. For more information, call 751-4329.

#### **Debt Management Class**

A Debt Management and Credit class will be held 8:30-10:30 a.m., Tuesday at the Education Center, Room B302. To register or for more information, call 751-5256/6325.

#### **Creative Outlets for Stress**

A Creative Outlets for Stress class will be held from 9 a.m. to 3 p.m., Tuesday at the MG Robert B. Solomon Center.

To register or for more information, call 751-5256.

## Parents Who Care (Early Childhood)

A Parents Who Care (Early Childhood) meeting will be held from 9 a.m. to 2 p.m., Tuesday at the Strom Thurmond Building, Room 229. To register or for more information, call 751-5256/6325.

## Parents Who Care (Adolescents)

A Parents Who Care (Early Childhood) meeting will be held from 10 a.m. to 2 p.m., Tuesday at the Strom Thurmond Building, Room 229. To register or for more information, call 751-5256/6325.

#### **AG Corps Regimental Ball**

Tickets for the Adjutant General's Corps Regimental Ball go on sale Tuesday. The tickets cost \$25 for E7 and above, \$20 for E5 and E6 and \$10 for E4 and below. The ball will begin at 6 p.m., June 6 at the NCO Club.

Attire is dress blues or dress greens for military and formal wear for civilians. Child care is available upon request. To RSVP or for more information, see a unit representative or call 751-5073 or e-mail  $AG\_Ball@jackson.army.mil$ .

#### **Newcomer's Orientation Brief**

A Newcomer's Orientation Brief will be held 9-11 a.m., Wednesday at the Post Conference Room.

#### **Re-Entry Briefing**

A Re-Entry Briefing will begin at 11 a.m., Wednesday at the Post Conference Room.

## **Upcoming**

#### **AER Commander's Referral**

An Army Emergency Relief fund commander's referral training will be held 9-10:30 a.m., April 3 at the Education Center, Room B303. This class is manda-

#### In a pinch



Photo by Susanne Kappler

This 1-year-old female pinscher mix at the Fort Jackson Veterinary Clinic needs a home. For information on adoption, call 751-7160.

tory for all company commanders and first sergeants. To register or for more information, call 751-5256/6325 or e-mail *Kimberly.Bottema@jackson.army.mil*.

#### **Brown Bag Luncheon**

A Brown Bag Luncheon will begin at noon, April 3 at the Post Conference Room. The topic will be "Benefits to Competition."

#### Soldier and Vets Charity Golf Tournament

A charity golf tournament will be held 11 a.m., April 4 at the Fort Jackson Golf Club Wildcat course.

Funds raised benefit the volunteer programs at Dorn VA Medical Center and the American Red Cross at Fort Jackson. For more information or to register, call 736-3110, extension 3481.

#### **Federal Employment**

A workshop on the Army Resumix process for federal employment will be held 8:30-11:30 a.m., April 8 at the Strom Thurmond Building, Room 213. For information or to register, call 751-5452.

#### Baby Basics/Baby Bundle/ Dad 101

An "everything baby" class including Baby Basics, Baby Bundle and Dad 101 will be held from 9 a.m. to 1 p.m., April 8 at the Strom Thurmond Building, Room 229. To register or for more information, call 751-5256/6325.

#### **EFMP Meeting**

The Exceptional Family Member Program will have a meeting at Century Lanes Bowling Center at 5 p.m., April 8. For more information, call 751-5256/6325.

## **Career Exploration** and Resume Writing

A Career Exploration and Resume Writing class will be held 8:30-11:30 a.m., April 9 at the Strom Thurmond Building,

Room 213. For more information or to register, call 751-5452/6153.

#### **FRG Leadership Training**

Family Readiness Group Leadership Training for fiscal year 2008 third quarter will be held from 9 a.m. to 4 p.m., April 9-10 at 3392 Magruder Ave. RSVP by April 4. Attendees must have appointment orders signed by their commander. For child care, call Child and Youth Services. For more information, call 751-7489 or e-mail *Patricia.Guillory@jackson.army.mil*.

## Parents Who Care (Teens)

A Parents Who Care (Teens) meeting will be held from 10 a.m. to 2 p.m., April 9 at the Strom Thurmond Building, Room 229. For more information or to register, call 751-5256/6325.

#### **Identity Theft**

An Identity Theft prevention class will be held 8:30-10:30 a.m., April 9 at the Education Center, Room B302. For more information or to register, call 751-5256/6325.

#### **Reassignment Briefing**

A Reassignment Briefing will be held 1:30 p.m, April 9 at the Strom Thurmond Building, Room 213. The Phase II briefing (for overseas assignments only) will be held immediately following the Phase I briefing and is mandatory for all Soldiers scheduled to PCS overseas. For more information, call 751-5578.

#### **AG Regimental Breakfast**

The Adjutant General Regimental Quarterly Breakfast will be held 7-8 a.m., April 11 at the NCO Club. For tickets or more information, call 397-8555 or e-mail Roger. Garcial @us.army.mil.

## **Employment Readiness Program Orientation Class**

An Employment Readiness Program Orientation will be held from 8:30 a.m. tonoon, April 15 at the Strom Thurmond Building, Room 213.

Topics include job search tips, benefits of using employment agencies, the South Carolina Commission office and more. For more information or to register, call 751-5452/6153.

#### **NCO Dining In**

The Soldier Support Institute Noncommissioned Officer Dining In will begin at 5:30 p.m., April 18 at the NCO Club. Tickets cost \$20 and must be purchased by April 16. The theme is "Past, Present, Future ... Good, Better, Best." Attire will be Class A blues. For tickets or for more information, call 397-8555 or e-mail Roger.Garcial@us.army.mil.

#### **Passover Holiday**

Fort Jackson's military members will celebrate the Passover holiday with the

first seder and dinner at 7:30 p.m., April 19 at the Officers' Club. Enlisted Soldiers get in free.

Cost for civilians is \$30 per adult and \$15 per child 5-12 years old. To RSVP or for more information, call 787-7217 or 738-2100.

#### **Days of Remembrance Observance**

The Fort Jackson Days of Remembrance Observance will be held 2-3 p.m., April 29 at the Joe E. Mann building. The theme is "Do not Stand Silent: Remembering Kristallnacht 1938," and the guest speaker is Stephanie Alexander of the U.S. Army Chaplain Center and School. For more information contact a unit equal opportunity adviser or call 751-1243

#### **Announcements**

#### **Thrift Shop Updates**

The Fort Jackson Thrift Shop will be closed until March 31, and will hold a First Saturday Blowout Sale April 5. Tables can be rented for \$5 to sell personal items.

The Thrift Shop has several openings.

- Consignment clerk is a paid position. Details available at the Thrift Shop.
- Board chairman is a volunteer position. Applicant must be a spouse of an active-duty Soldier.

#### **Fire Alarm Warning**

If occupants of a building notice a malfunction in the fire alarm system, it should be reported immediately by calling 751-4142/7217.

No one should work on a fire alarm system except authorized personnel. Tampering with a fire alarm system is a violation of Fort Jackson Regulation 420-90 and is punishable under the Uniformed Code of Military Justice. For more information, call 751-1610.

#### **Reporting Abuse**

Every Soldier and member of the military community should report information about known and suspected cases of spouse or child abuse to the military police. The 24-hour report line is 751-3113.

#### **Motorcycle Safety Training**

To ride a motorcycle on Fort Jackson, Soldiers and civilians are required to take the Basic Rider Course. Soldiers also need to attend the training to ride a motorcycle off post.

The BRC is a two-day course offered weekly. The Safety Office also offers an optional Experienced Rider Course. All classes are free. Soldiers and civilian employees will not be charged pass or leave to attend. Training is available to retirees and family members on a space available basis. For more information, call 751-RIDE (7433).

## COMMUNITY HIGHLIGHTS.

#### WWE wrestler visits Fort Jackson



Photo by Chris Rasmussen

Col. Lillian Dixon, garrison commander, greeted World Wrestling Entertainment's Diva Maria Monday at the main post exchange. Diva Maria, who has visited troops in Iraq, was in Columbia for WWE's Raw. In addition to signing autographs, Diva Maria took photos with fans in the Main PX.

#### **Operation Tribute to Freedom**

Operation Tribute to Freedom is the Army's program to honor Soldiers and give them opportunities to share their stories with the American public. OTF is seeking Soldiers, who were deployed in Operations Iraqi Freedom and Enduring Freedom and meet one of the following criteria:

- Soldiers who have recently returned from extended deployments.
- Soldiers who have occupations in engineering, medical or technical fields.
- Soldiers who participate heavily in alternative sports, such as skateboarding, wakeboarding or BMX.

For more information, call 751-1742.

#### **Requests for Welfare Donations**

The Thrift Shop is accepting requests for welfare donations. All requests must be received by Tuesday.

Any request must include the reason for need/welfare; the organization requesting the donation with a point of contact; phone number and address; description of how the donation will be used; description of how organization serves the greater Fort Jackson community.

Send requests to: Fort Jackson Thrift Shop, Attn: Welfare Chairperson, P.O. Box 10094, Fort Jackson, SC 29207. For more information, call 787-2153.

#### **Absentee Voting**

Absentee voters can exercise their right to vote by completing the Federal Post Card Application (FPCA Standard Form 76) or complying with the ballot request procedures enacted by the state in which they vote.

After mailing in the application, the voter will receive his or her absentee bal-

lot. Mailing guidelines differ from state to state. For more information, contact your Unit Voting Assistance Officer or visit www.vote.army.mil.

#### **ROA Offers Scholarships**

The Reserve Officers Association offers \$500 merit-based scholarships for undergraduate and graduate study at accredited colleges and universities.

Undergraduate scholarships are available to children and grandchildren of ROA members; graduate scholarships are available to ROA members.

Application deadline for the 2008-2009 school year is April 10.

ROA membership and scholarship applications are available online at <a href="http://www.roa.org">http://www.roa.org</a>. For more information, e-mail <a href="mailto:grallen@comcast.net">grallen@comcast.net</a>.

#### New Initiative for Transitioning Soldiers

A new service, ACAP Express, allows Soldiers to use the Internet to register for Army Career and Alumni Program services, schedule a wide range of classes and use online tools to create resumes and cover letters.

Soldiers can use their AKO login to use https://www.acapexpress.army.mil.

#### Youth of the Month

The Fort Jackson Middle School/Teen program is accepting nominations for the Boys and Girls Club Youth of the Month.

Candidates must be 14-18 years old, belong to the Fort Jackson Youth Center, exhibit leadership potential and have contributed to their family, church, school or community during the past months.

To submit a nomination, call 751-6385/3977.

# Recurring Meetings

#### Weekly

**Walking Away Stress** meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

**Play Group** A play group will be held 10-11:30 a.m., Mondays at 5953C Parker Lane. For information, call 751-5256/6325.

**Range Control Briefing** is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

Civil Air Patrol meets at 7 p.m., Mondays at Owens Field and 7 p.m., Tuesdays at Columbia Metropolitan Airport. For more information, e-mail cc@scwg.cap.gov or visit online at www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

**Medical Board Office** is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free child care is available. For information, e-mail pwocjackson@yahoo.com.

**Overseas Travel Clinic** is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

Military Widows/Widowers Association meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

#### Monthly

**Seabees** meet at 7 p.m., the second Monday of the month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792, 736-0841 or 755-0300 for more information.

Fort Jackson Enlisted Spouses' Association meets at 6:30 p.m., the third Monday of each month at 5942E Thomas Court. For more information, call 665-4170 or e-mail esa2005fj@yahoo.com.

**Sergeant Audie Murphy Club** meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room *www.jackson.army.mil/360/SAMC/hom e.htm.* 

**Gastric Bypass Support Group** meets at 6 p.m., the second Tuesday of the month in the Moncrief Army Community Hospital eighth floor day room. For more information, call 751-0392.

**Disabled American Veterans** meet 6 p.m., the second Tuesday of the month at 511 Violet St., West Columbia. For information, call 796-7122.

**Fleet Reserve Association** Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. Call 482-4456 for information.

"Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magruders Club. For information, e-mail sec@fivictoryriders.com.

**Society of American Military Engineers** meets 11:30 a.m., the fourth Thursday of the month. For information, call 254-0518 or 765-0320.

**Diabetes Support Group** meets at 6 p.m., the last Thursday of the month in the Moncrief Army Community Hospital fourth floor dining facility. For information or to register, call 751-2501.

**MEDPROS training** will be held 1-4 p.m., the third Friday of the month, at the hospital, Room 9-83. For more information or to register, e-mail *Jaclynne.Smith@amedd.army.mil*.

**U.S. Navy Sea Cadets,** for 11-18 year olds, meet the third weekend of the month. For information call 622-8707.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to fjleader@jackson.army.mil.





A Soldier from Co. C, 2nd Bn., 39th Inf. Reg., uses concealment while in the prone firing position to engage multiple targets on Range 10 Wednesday.

# This isn't what your drill sergeant learned

Mike A. Glasch Leader Staff

"One shot, one kill" may be the motto of the Army sniper, but for Soldiers qualifying in Basic Rifle Marksmanship the traditional one shot per target on the range could soon come to an end.

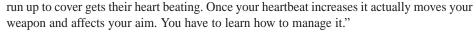
The Basic Combat Training Soldiers of 2nd Battalion, 39th Infantry Brigade, are testing a new BRM qualification, which combines elements they will experience on the battlefield — movement, conceal-

ment, presence of civilians and using multiple-rounds on an enemy.

"This is to give Soldiers a qualification standard that is more combat focused," said Capt. Sammie Burkes, Company C commander. "It requires them to use those marksmanship skills that they will encounter in a modern-day battlefield environment."

L-shaped barriers have been placed in front of the berms on the firing ranges. At the start of the "Combat Shoot," Soldiers are given four 10-round magazines. As they walk down the range on a simulated patrol, targets pop up and a loudspeaker blares the sound of shots being fired at them. Soldiers are required to engage multiple targets at different distances. The targets require one to three hits before they will go down.

"Lessons learned from Afghanistan and Iraq show that you may have to engage that target more than once before it goes down," Burkes said. "This will teach the Soldiers that they may have to engage the enemy more than once, versus the regular BRM where one hit and a target goes down."



During the last three scenarios a new twist is added. A target painted white appears representing a civilian. If a Soldier shoots the civilian, he or she is automatically disqualified.

"It's teaching the Soldiers to have a little bit of target discrimination," Burkes said.

"We've placed the civilian "target" in the middle of the others," said Weeks. "The Soldiers have to look beyond it and aim in front and behind."

Another twist is dummy rounds loaded in the Soldier's magazine. They can be in one, two three or all four of the magazines. The dummy rounds are designed to simulate a weapons jam, requiring Soldiers to perform SPORTS (slap, pull, observe, release, tap, shoot) to their weapon in the middle of their BRM qualification.

Burkes said he hopes the "Combat Shoot" will eventually replace the current BRM qualification

"We would like to see this become the qualification standard versus the way we qualify now," he said. "This is teaching Soldiers to have a little bit of target discrimination, to change magazines quickly, and that they may have to fire more than one round to put an enemy down. It keeps them more focused."

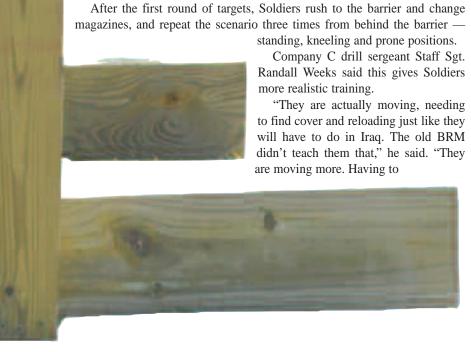
Weeks agreed with his commander's assessment. He said that training to the "Combat Shoot" standards makes his current group of Soldiers 100 percent better at BRM than previous cycles.

"We started teaching the techniques needed from day one of BRM. We had 100 percent of the company qualify (on the standard BRM) on the second day. In the past it would take all three days to get everybody qualified. That gives us a whole extra day of training," he said. "When they are in Iraq, they're not just going to be lying in a prone position or in a foxhole. They are actually going to have to learn how to get behind a car, or a wall and engage the enemy from around and over a cover."

Michael.A.Glasch@us.army.mil



With drill sergeants watching their every move, Soldiers from Co. C, 2nd Bn., 39th Inf. Reg., move and fire down Range 10 during an experimental Basic Rifle Marksmanship qualification course Wednesday.



## HEALTH\_

# Prevention of poisoning begins at home

Lt. Col. Nancy A. Dudash

U.S. Army Center for Health Promotion and Preventive Medicine

Once every 13 seconds, someone in the United States reports a poison exposure to a poison control center, according to the U.S. Centers for Disease Control and Prevention. Adults and children are both at risk.

The CDC reports unintentional poisoning is the second leading cause of unintentional injury deaths, after motor vehicle crashes. Of the 28,700 deaths caused by poison in 2003, 80 percent were unintentional and 95 percent of those were caused by drugs — pain medication, cocaine or heroin.

More than 90 percent of unintentional poisonings occur at home. The following recommendations are steps to prevent them.

#### Medications

- Follow labels on medications, never share or sell them, and carefully follow the directions for taking them.
- Monitor medications for children and teens, such as medicine for attention deficit disorder.
  - Keep opioid medications (such as methadone and

oxycodone) in a safe place.

#### Household chemicals

- Read the labels and follow all instructions.
- Open windows for ventilation when needed.
- Never mix cleaners (mixing ammonia and bleach causes a poisonous gas).
- Keep cleaners and chemicals in original containers. Changing them into other containers causes confusion and may lead to poisoning.

#### **Around the barracks**

- Do not leave medications (especially pain medications) out in the open or under the bed at night. Keep them in a safe place.
- Do not share medications with anyone. It is illegal. The other person may have a life-threatening reaction or may overdose.
- Report suspicious behavior to the chain of command (stolen or missing chemicals or medications).
- Put the poison-control number (1-800-222-1222) on all home and cell phones. The number is operative around the clock.

If a potential/suspected poisoning occurs, do not hesitate — take the following steps:

- Remain calm.
- Call 911 if the victim has collapsed and is not breathing.
- Call 1-800-222-1222 (poison control) if the victim is awake and alert.
  - Give the operator the victim's age and weight.
- Have the container or bottle of poison with you, if available.
  - Provide the time of the poison exposure.
  - Give the address where the poisoning occurred.
- Stay on the phone, and follow the instructions from the emergency room operator or the poison control center

For further information about prevention of accidental poisoning, visit the National Center for Injury Prevention and Control at <a href="http://www.cdc.gov/ncipc/factsheets/poisoning.htm">http://www.cdc.gov/ncipc/factsheets/poisoning.htm</a>.

Editor's note: The U.S. Army Center for Health Promotion and Preventive Medicine is the Army's public health organization. It supports Soldiers around the world with health education.

#### **National Social Work Month**

The Department of Behavioral Health at MACH will hold a seminar today. It will feature speakers, icebreakers, prizes, food, fun and fellowship. The seminar will be held from 9 a.m. to 4 p.m. at Bayonet Chapel.

#### Pharmacies open on Saturday

On-post pharmacies are open Saturdays for customer convenience. The main hospital pharmacy is open from 7:30 a.m. to noon and the refill pharmacy is open from 9 a.m. to noon. To refill a prescription: call toll-free (866) 489-0950; call 751-2250; or visit online at <a href="http://www.moncrief.amedd.army.mil">http://www.moncrief.amedd.army.mil</a>.

### Health Talks

To have a professional staff member from MEDDAC address a group on health care subjects or preventive medicine, call the health promotion coordinator at 751-5035 or the Department of Quality Management at 751-2501.

## **Adult Preventive Health Services**

#### Recommended tests for adults

Test	Age	Frequency
Blood Pressure	18 and older	Every office visit or yearly
(Hypertension)		
Cholesterol	35 and older	Every five years if levels are normal
(Hyperlipidemia)		
Mammogram	40 and older	Every year
(Breast cancer)	(women)	
Pap Smear	21 and older	Every one to three years
(Cervical cancer)	earlier if sexually active	
Chlamydia	25 or younger	Yearly until age 26
(Chllamydial infection)	(women, if sexually active)	
Colonoscopy	50 and older	Every five to 10 years if normal
(Colon cancer)		
Stool Occult Blood	50 and older	Every year
(Colon cancer)		
Bone Mineral Density	65 and older	Periodically
(Osteoporosis)	(women)	

## CHAPEL.

# The power of words

Chaplain (Capt.) Larry Dabeck 2nd Battalion, 39th Infantry Regiment

Do you remember the childhood phrase, "Sticks and stones may break my bones, but words will never hurt me?"

It sounded good at the time. We were trying to insulate ourselves from the ugly words of the playground bully.

But what about the worst words a loved one might have said to us? The truth is that words hurt.

Think of the worst things said to you. Usually, the more significant the person is to us, the more it hurts.

Consider the worst things you've said to others. Those negative words, though mere sounds traveling through the air, pass our ears and pierce our hearts, forever lodged like a barbed arrow. How can we stop our verbal assaults?

In the Bible, James had a great observation. He realized that as people of faith, we are using the same mouth both to praise God and yet to hurt those who are

He worded it this way, "With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers, this should not be," (James 3:9, 10).

James has given us the two points to focus on to move forward.

First, we need to praise God. The more we set our sights on him, the smaller our and others' problems appear. When we have the habit of praise and an attitude of gratitude, we are less likely to use hurtful words.

Our second focus is the phrase, "My brothers, this should not be." Or, in more colloquial terms, "Just don't do it." "Well," you may ask, "What should it be?" Good question.

Our words should be words of affirmation — words that build up, not tear down; words that bless; words that are pleasant and pleasing both to God and man.

During Lent, many choose to abstain from something. How about a more permanent abstention from hurtful words toward those we love, and feasting on words of affirmation? I believe the blessing you offer will be an even greater blessing to you.

"Let the words of my mouth ... be acceptable in your sight, oh Lord, my rock and my redeemer," (Psalms 19:14).

#### Worship services

- Sunday 8 a.m. and 10:45 a.m. Daniel
  Circle Chapel (Gospel)
  8 a.m. Bayonet Chapel
  (Hispanic)
  9:00 and 10:30 a.m.Magruder
  Chapel
  9:30 a.m. Main Post Chapel
  10:45 a.m. Post-wide Sunday
  School (Post Chapel)
  11 a.m. Daniel Circle Chapel
  11 a.m. Chapel Next
  Chaplain School
   Wednesday 7p.m. Gospel Mid-week
  Service Daniel Circle Chapel
  PROTESTANT BIBLE STUDY
   Monday 7 p.m. Women's Bible Study
  (PWOC Post Chapel, Class 209)
   Wednesday 7p.m. Anderson Street Chapel
  7 p.m. Daniel Circle Chapel
  7 p.m. Daniel Circle Chapel
  9:30 a.m.-12:30 p.m. Women's
  Bible Study (PWOC, Post Chapel)
  5 p.m. Neighborhood CMF/OCF
  Bible Study (Call 730-4699)
  7 p.m. LDS Bible Study (Anderson
  Chapel)
   Saturday 8 a.m. Men's Prayer Breakfast
  (Post Chapel, (every second
  Saturday of the month in Chapel
  Fellowship Hall)

  PROTESTANT YOUTH OF THE CHAPEL
   Sunday 5 p.m. Daniel Circle Chapel

PROTESTANT YOUTH OF THE CHAPEL
■ Sunday 5 p.m. Daniel Circle Chapel
(1st & 3rd Sundays)
■ Wednesday 6:30 p.m. Main Post Chapel

#### Lutheran/Episcopalian

■ Sunday 8 a.m. Memorial Chapel

■ Sunday 8-10 a.m. Islamic Studies ■ Friday 12:30-1:45 p.m. Jumah Services (both — Main Post Chapel)

#### Church of Christ

■ Sunday 11:30 a.m. Anderson Chapel

- M-F 11:30 a.m. Mass (Post Chapel)
   Sunday 8 a.m. Mass (Solomon Center)
  11 a.m. Mass (Main Post Chapel)
  9:30 a.m. Mass (120th AG Battalion Chapel) 9:30 a.m. CCD (Education
- 9:30 a.m. Adult Sunday School 12:30 a.m. Catholic Youth Ministry ■ Wednesday 7 p.m. Rosary
  7:30 p.m. RCIA/Adult Inquiry

■ Sunday 9:30-10:30 a.m. Memorial Chapel 10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

#### Latter Day Saints

■ Sunday 9:30-11 a.m. Anderson St. Chapel

#### Addresses, phone numbers

**Daniel Circle Chapel** — 3359 Daniel Circle, Corner of Jackson Blvd., 751-4216 **Main Post Chapel** — 4580 Strom Thurmond Blvd., corner of Scales Ave., 751-6469 **Bayonet Chapel** — 9476 Kemper St., 751-

Family Life Chaplain - 4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780 Anderson St. Chapel — 2335 Anderson St., Corner of Jackson Blvd., 751-7032

Education Center — 4581 Scales Ave.

Magruder Chapel — 4360 Magruder Ave., 751-3883

120th Rec. Bn. Chapel — 1895 Washington

Memorial Chapel — 4470 Jackson Blvd.,

## FIRST RESPONDER



The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

#### Lt. Col. Greg Vibber

Director, Emergency Services/Provost Marshal

Sgt. Maj. Allen Taylor Jr. Provost Sergeant Major **Billy Forrester** Fire Chief

#### Cases of the Week

A Soldier was charged with assault. According to Military Police, two Soldiers got in an argument, which turned physical when one Soldier began choking the other with his hand. The Soldier was taken to PMO, processed and released to his unit.

A Soldier sustained bruises in a fight with a civilian. MPs said that the civilian grabbed the Soldier by the neck and threw her to the floor, rendering her unconscious.

A citation for child neglect was issued to a civilian. The civilian left his 19-day-old baby unattended in a parked vehicle for an unknown amount of time, according to authorities.

#### Tip of the Week

South Carolina's current safety belt law has been in effect since Dec. 9, 2005. The law allows for primary enforcement of safety belt usage.

Under the primary law, a law enforcement officer has the authority to stop a driver if the officer has a clear and unobstructed view of a driver or occupant of any motor vehicle not wearing a safety belt or not secured in a child restraint system.

Buckle up — it's the law!





## LEGAL

# Car buyers save money by knowing the facts

Capt. Ryan H. Dodd

Legal Assistance Attorney

For most people, buying a new car is the second most expensive purchase they will make in a lifetime, surpassed only by buying a home. That is why it is important to know how to make a smart deal and not be pressured into buying a car before knowing all the facts.

#### How much car can the buyer afford?

This is probably the most important question to consider before looking at new cars. Almost everyone likes the new luxury automobiles or large sports utility vehicles, but these are not vehicles that are always affordable.

When considering how much money to spend on the purchase of a vehicle, don't forget to include the intangibles associated with ownership: how much sales tax will have to be paid? What will be the annual property tax on this vehicle? What will it cost each year to insure this car? What is the car's gas mileage? How much will annual maintenance and routine operating expenses cost?

A monthly price of \$400 might seem manageable, but after adding on property tax and insurance costs, that payment can quickly become the equivalent of a \$550 expense. Consumers should have a solid idea of what they can afford before looking at vehicles.

#### How can a buyer get the best price on a new car?

It is important to learn several terms before negotiating.

— The "invoice price" is the manufacturer's initial charge to the dealer. This usually is higher than the dealer's final cost because dealers receive rebates, allowances, discounts and incentive awards. Everyone can research on the Internet what rebates and incentives a dealer will get from a purchase.

— The "base price" is the cost of the car without options, but includes standard equipment and factory warranty. This price is printed on the Monroney sticker, or manufacturer's suggested retail price, and shows the base price, the manufacturer's installed options, transportation charge and mileage. Federal law requires dealers to affix this to the car window.

— The "dealer sticker price" is the MSRP plus the

suggested retail price of dealer-installed options, such as additional dealer markup or additional dealer profit, dealer preparation, and undercoating. No one should ever have to pay the dealer sticker price on the vehicle.

It is important to be assertive when negotiating the price of a new car. People who are uncomfortable with the negotiating process can take all their research to the dealer. This way, it is easy show the dealer on paper that it is possible to find a better deal than the one the dealer is offering.

Additionally, many banks will negotiate the price of a new car for customers directly with the dealer if financing is obtained through them. Carbuyers should contact their lenders to see if they participate in such programs.

#### What can be done with the old car?

People who are considering trading in an old car, should discuss the possibility of a trade-in only after the best possible price has been negotiated for the new car and after the value of the old car has been researched.

Local libraries or the Internet can be checked to determine the value of the current vehicle. "Kelley Blue Book" or NADA (National Automobile Dealers Association) are two of the most reliable publications for determining the value of a vehicle.

If the dealer does not offer much money on a trade-in, it might be a better idea to sell the vehicle through the

ization.

classifieds or donate it to a charitable organ-

## Is it a good idea to consider a service contract?

Service contracts purchased with a new car provide for the repair of certain parts or problems. These contracts are offered by manufacturers, dealers or independent companies and may or may not provide coverage

beyond the manufacturer's warranty.

A warranty is included in the price of the car. A service contract costs extra.

Before deciding to purchase a service contract, it is important to read it carefully and to consider the following questions: What is the difference between the coverage under the warranty and the coverage under the service contract? What repairs are covered? Is routine maintenance covered? Who pays for the labor? Who pays for the

#### **Operation Hours**

Fort Jackson's Legal Assistance Office is located in the Office of the Staff Judge Advocate, 9475 Kershaw Road, and is open from 9 a.m. to 4 p.m., Mondays through Thursdays. Appointments can be made by calling 751-4287.

The office accepts walk-ins for living wills, health care powers of attorney and durable powers of attorney, 1:30-3:30 p.m, Tuesdays and Thursdays.

Walk-ins are welcome for general legal questions and are accepted 9-11 a.m., Thursdays.

parts? Who performs the repairs? Can repairs be made elsewhere? Who pays for a rental car? How long does the service contract last? What are the cancellation and refund policies?

#### Where can a buyer get financing for the new car?

Financing obtained by the dealer is unlikely to be the best deal available. It is a good idea to contact lenders directly to get pre-approved for a loan before shopping for a new car.

Before signing a contract to purchase or finance the car, a buyer needs to consider the terms of the financing and evaluate whether it is affordable.

Before driving a new car off the lot, the buyer should have a copy of the contract that both the buyer and the dealer have signed. The buyer should make sure the blanks are filled in. Also, one should consider having an attorney review the contact and fully explain all the details of the financing agreement.

#### South Carolina nonresident military tax exemption

Military members stationed in South Carolina are eligible for a nonresident tax exemption if they are residents of a state other than South Carolina. If a spouse is listed on the title, the military member will only be eligible for 50 percent of the tax exemption.

The exemption applies to any motor vehicle specifically designated to carry passengers and bought for personal use. It does not apply to the sale of trucks, motor homes or trailers.

A commissioned officer of a higher rank than the purchaser must certify that the military member is not a resident of South Carolina.

South Carolina nonresident military tax exemption certificates may be picked up at the Legal Assistance Office.

# SPORTS/FITNESS \_\_\_

# Say it loud: 'I snack, I'm proud'

#### COMMENTARY

Maj. Thomas Hundley Moncrief Army Community Hospital

Growing up in the South, my life was shaped and molded by my exposure to three influential people.

My mother exposed me to God, my father exposed me to Dr. Martin Luther King Jr. and Don Cornelius (from Soul Train) exposed me to the Godfather of Soul, James Brown.

I would watch James Brown perform dance moves on a wooden stage wearing platform shoes, moves that I could not perform on a linoleum floor wearing socks.

I remember grabbing my church shoes (a.k.a. dress shoes for all Northerners), putting on my James Brown eight-track, and wetting the floor with Mop & Glow so I could practice the moves of my American idol.

OK, if my mother is reading this, I apologize for making you think we had a water leak in the kitchen.

Today, I am going to use some of the songs and lyrics of James Brown to help address our ever-growing overweight problem.

It is a fact that more than 50 percent of Americans are overweight. Studies also reveal that we simply snack too much.

How many people do you know with a candy dish sitting right on their desks? How many co-workers do you know who always has a desk drawer full of snacks? How many people do you see and you wonder if their names should be Mr. Milk E. Way, Pvt. Potat O. Chips or Capt. Crunch N. Munch.

Don't let me exclude my personal favorite, Rev. Reece S. Pieces. You see, this American obesity problem is an equal opportunity employer.

It does not discriminate on the basis of race, color, religion or creed.

Many of our favorite snacks and iunk foods are loaded with sugars and saturated fats. These two ingredients

your waistline and your midsection.

So, if you are ready to shed a few pounds and improve your health, repeat after me, "Say it Loud, I Snack and I'm Proud!" Now that you have vocalized your problem, let's embrace the words of the Godfather of Soul.

#### Papa Got a Brand New Bag (of Potato Chips)

There's nothing better than watching the NCAA Championship while munching on a bag of nacho-cheese flavored Doritos. It always seems as though the best tasting chips are always at the bottom of the bag.

The only way to get to the bottom is to work your way from the top.

But my friends, we have to change the look and size of our chips if we want to change the look and size of our pants. My recommendation is to begin eating more chips of the multigrain variety. They are healthier for vou without loss of much of the flavor you crave. But please be mindful, it does not help if you eat the whole bag at one sitting.

#### I Got That Feeling (I Ate Too Much)

Most of us never stop eating when we get full. We just keep eating until we get tired. Have you ever eaten so much that you had to stop, take a deep breath and say, "Whew!" Or have you eaten until you had to undo your belt or your pants so your stomach could expand. If so, commit this next sentence to memory: I ate too much.

To prevent overeating, pour a portion of the snacks you want to eat in a container and put the remainder away. When the portion is gone, you are done. Wash those snacks down with 32 ounces of water. Remember, out of sight means out of mind.

#### Papa Don't Take No Mess (Papa Don't Eat No Mess)

One of the hardest things to do in losing weight is to give up those deli-



Hundley

seems as though the day is not right until we get that chocolate fix.

Can I get a witness? But for the next few weeks, I want you to try to replace those doughnuts and Snickers with more fruits and vegetables. Strawberries. pineapples and peaches make very sweet and delicious sub-

stitutes. I also recommend trying a few baby carrots with low fat dipping

#### Get Up Offa That Thing (And **Dance Until You Feel Better)**

I believe that James Brown was being a visionary when he wrote this song. One of the major contributors to our obesity problem is our sedentary lifestyles. It is time for us to get off the couch and get into a physical activity. Simply put, if you are exercising, then you are not snacking. Start with a short daily walk and work your way up to a short daily jog.

Even a small amount of exercise can do wonders for your body and your overall health. If you really want a challenge, pull out your James Brown CD (or eight-track, if you still have one) and practice some of his most notable moves.

#### I Feel Good (Cause I Eat Like I Should)

This is the song that you will be singing when you have mastered the art of snacking. All it takes is a small change in how you eat, what you eat, how much you eat and some exercise on the side. Your body will thank you for dropping those unwanted pounds and inches before the summer. Just in case you forgot, it gets hot in South Carolina. Otherwise, my James Brown's words to you will be "Please, Please, Please," get out of my office before the extra-large "Hot Pants" you're wearing makes you have a "Cold Sweat" that "Makes It Funky."

Next time I will tell share with you what I learned from M.C. Hammer.

I Feel Good. HEEEEYYYY!

# Maj. Thomas

## **Sports Briefs**

#### Softball

Letters of intent for intramural and recreation softball are due to the Sports Office by April 7. For more information, call 751-3096.

#### **Olympic Skills Competition**

The Boys and Girls Club of Fort Jackson is hosting an Olympic Skills Competition today and Friday. Basketball will be held 10 a.m., today, while tennis begins at 1 p.m. Soccer will be held at 10 a.m., Friday, while track and field will begin at 1 p.m. The events are open to children 8-13 years old. All events take place at the Youth Center. Parents must sign a release for youth to participate. For more information, call 751-5040.

#### **Ultimate Frisbee**

An ultimate frisbee tournament will be held April 12-13 at Hilton Field Softball Complex. Each team may have up to 12 members. For more information, call 751-3096/0892.

#### Golf

Captain's meeting for intramural and recreation golf will be held 5 p.m., today at the Golf Course Club House. For more information, call 751-3096.

#### **Triathlon**

The Triathlon scheduled for April 10 and 17 will be postponed until late summer or fall. For more information, call 751-3096.

#### **Need Volunteer Coaches**

Volunteer coaches for youth sports are needed. Experience is desired, but not mandatory. Volunteers get the "coaches discount," when their own children also play sports — 100 percent for the first child; 50 percent for each additional child. For more information or to volunteer, call 751-5040.

## 2008 Intramural and Recreation **Darts Standings**

**Results of March 20 event** 

Sharp Shooters — 31 points MEDDAC — 18 points 3-13 — 21 points

1st CivDiv — 18 points

2-13 — 16 points

No Mercy — 15 points

1-34 — 13 points 187th — 13 points (BYE March 20)

TSB — 15 points

#### Forfeits to date

TSB — Jan. 31

No Mercy — Feb. 7

2-13 — Feb. 14

1-34 - March 20



Basketball End of Season Tournament will begin Monday at Vanguard Gym.



For youth sports, call 751-5610/5040; For golf information, call 787-4437/4344; For sports information, call 751-3096.

# C L A S S I F I E D S

#### 100 Announcements

For Rent: Beautiful covered space for motor home, camping trailer or 12' wide mobile home. It has a 12x50 covered porch. Very private w/lots of shade trees. Not a mobile home park. 15 minutes from Fort Jackson. Call 735-0657

Notice for Bid Youth Gymnastics Instructor Fort Jackson Child and Youth Services is soliciting for the following service: Gymnastics Instructor for Child and Youth Services SKIES Program. Interested parties should contact Amber Sasso at 270-798-6891 by 28 March 2008 for further information.

The FRA (Fleet Reserve Association) Branch and Unit 202 meets monthly at the Naval Reserve Center, 2620 Lee Rd., Fort Jackson at 1:00 p.m. the 3rd Tuesday of each month. Ladies Auxiliary meets at same time. Ron or Fran, 803-482-4456.

United States Submarine Veterans, Inc., Palmetto Base meets the 3rd Tuesday of every month at 1900. at The Crab Shack, in the Old Mill Building on US 1, 711 E. Main Street. Contact D.W. Eggleston, 803-932-9390.

VA HOME LOANS: 100% Financing Available. You are qualified to purchase or refinance if you served in a war zone or been in the military or reserves for two years. Call Julie Cooper at Palmetto Home Mortgage Group in Columbia at 217-0912, toll free, 1-866-554-1001 or cell phone (803) 528-1394.

VFW Post 641 Ladies Auxiliary is sponsoring a Mardi Gras Night Saturday, May 17 @ 6 p.m.@ 534 S. Beltline Blvd., Columbia, SC 29206. Food, music and prizes. All Veterans, families and friends are always welcome.

VFW Post 641, 534 S. Beltline Blvd., Columbia, is sponsoring our monthly Friendship Karaoke Birthday Dinner March 29 at 7:00 p.m.. R&L Backyard Karaoke. All veterans, families and friends are always welcome. 803-782-5943.

VFW Post 641, 534 S. Beltline Blvd., Columbia, SC 29206, 803-782-5943, is sponsoring Phil Urban/aka Elvis on Friday, April 11th, 9 p.m.-until. All Veterans, families and friends are always welcome. Please come out and see "Elvis" for yourself.

VFW Post 641, 534 S. Beltline Blvd., Columbia, SC 29206, 803-782-5943.

The monthly Friendship/Karaoke/Birthday Dinner will be held on Saturday, April 26 @ 7 p.m. R&L Backyard Karaoke starts at 8 p.m. All Veterans, families and friends are always welcome.

#### 100 Announcements

VFW Post 641, 534 South Beltline Blvd., Columbia, SC 29206, 803-782-5943, is sponsoring The Great R&L Backyard Karaoke, Saturday, April 5th, 8 p.m.-until. All veterans, families and friends are always welcome. Come on out and have fun with your veterans.

#### 101 Child Care

\*\*Little Bright Daycare (State Licensed) has full-time/part-time openings Mon.-Fri., 6 weeks-12 years of age. Also accept ABC vouchers. All meals provided. Flexible hours. Clemson Rd. area. Tamara Bright (21137), 803-865-5405.

Head of the Class Academy has full-time openings for children 6 wks.-5 yrs. Come join us and have fun while you learn. Developmental age appropriate activities and nutritious meals. We provide an affordable, safe, nurturing, and caring environment. Call 783-8929.

Need Child Care? Call Catherine at (803) 834-4764 or (803) 312-3839. From the hours of 5:30 a.m.-5:30 p.m.

Registered Day Care Home for 15 years. Part time morning hours and overnight care available. NE Area. Call 699-5710.

#### 105 Opportunities

FREE GAS! Forming carpool for the Summit/Clemson Rd. area to Shaw AFB. Call 895-4779 if interested.

#### 106 Yard Sale

HUGE Parking Lot Sale, 2400 Decker Blvd., Saturday, April 5th, 8:30-noon only. Lots of clothing, furniture and all kinds of indoor and outdoor things galore! Everything Must Go! All very low prices! All profit goes to non-profit organization.

#### 108 Roommate Wanted

Room to Rent near VA Hospital. Nice quiet neighborhood. Furnished, Kitchen privileges. All Utilities paid. Private Bath. Fenced yard. Pets OK. \$150 per week. Please call 803-348-8886 for details.

Roommate wanted in Columbia, 10 min. from USC: 3 Bedrooms, 2 Baths, 1/2 acre fenced-in yard. Own Room, Own Bath. \$500 per month. Call 803-466-1520 for more details

Senior Citizen has Room for rent in the Northeast Area. \$400/month plus share utilities. Kitchen and laundry available to share. Telephone and cable provided. For more information call 803-708-2171.

#### 200 Help Wanted

Atria Senior Living Group in Columbia is seeking Cooks and Caregivers to join our exceptional staff. Excellent work environment, good pay and the opportunity to make a difference in someone's life. If interested please send resume

bill.windsor@atriacom.com

P/T help needed in Golf Shop and Grille immediately. Hidden Valley Golf Club, 147 Excaliber Court, Gaston, SC 29053. Contact Chris @ (803) 794-8087 if interested.

PT Retail Position at Main PX T-Shirt Shop, mostly Thurs. & Fri. shifts (9-6). \$7.00/hr. w/possible bonus & pay increases. Fax resume to 803-782-9739 Attn: Tina or email to:

tmgmarketing@sbcglobal.net

#### 300 Services

Do you need professional lawn service? Then call Mr."B" at 803-413-7725. Great rates/free estimates.

#### 500 Pets

AKC German Shepherd pups, male and females, 6 weeks old and dewormed. German bloodline, big boned, \$350. Call 803-609-5728.

American Pit Bull Puppies for sale! These are purebred blue pit bulls. We have two females and one male. Puppies are 4 weeks old and very healthy. Both parents are UKC registered. Please call 803-727-0918.

German Shepherd/Lab mix, 2 years old. FREE to Good Home. Spayed, HomeAgain chipped, up to date shots and house trained. Friendly and great with kids. Please call 931-801-7090.

Husky puppies, 6 weeks old. Will be ready to leave 3/29. 4 Boys, 3 Girls left. \$200 OBO. Call Jessica @ 803-348-6850.

Large Dog Igloo House, never used. New \$105, asking \$75. 803-794-0407 or 803-318-7148

Pit Bull Puppies for sale, \$150. Must Go! 3 females, 1 male, Brindle color. Mother and Father AKC Certified. Call 843-422-3539.

Schnauzer Puppies: AKC Bloodline. Blonde, silver and black. Shots and dewormed. Super intelligent, full of personality. For more information call Josie, 803-786-5000.

Siberian Husky Puppies, CKC Reg., Blue eyes. Asking \$350. Call Brigitte, 865-2698, leave message.

#### 600 Appliances

3 Ton Tempstar AC, works good. \$175. Call 803-427-3534

Gas/Electric Dryer, great condition, \$75. Call 586-1612

#### 600 Appliances

Kenmore Upright Freezer, Model# 253.9269010, \$150 OBO. Call Chris, 803-338-3064.

Moving In Sale: Tag sale, Saturday, 8 Mar, 0800, 112 Belleclave Rd. Changing out Kitchen Appliances: 5 month old top-of-the-line Sears Kenmore Dishwasher (warranty included). 2 year old KitchenAid slide-in stove w/microwave. 2 year old 6-8 person Hot Tub. 699-0224.

Washer and Dryer for sale. Washer is "Heavy Duty, Super Capacity" Frigidaire Gallery and Dryer is by Hotpoint. Both work. \$150 for both. 803-374-0454

#### 601 Electronics

20" Sharp TV, 2 years old, excellent condition, \$80 OBO. Call Liz, 813-943-2775.

27" Sony TV, \$185 OBO, (new \$550). Excellent condition and picture quality. Numerous component hookups in rear. Frontal component hookupvideo in. Cable and Satellite ready. Custom stand included (\$140). Call Jim Bazemore, 736-2155 9a.m.-9p.m.

32" Sony TV, \$215 OBO, (New \$1200). Excellent condition and picture quality. Dual tuner w/picture-in-picture. Surround capable sound. Frontal component hookup for video in, numerous component hookups in rear. Cable and/or Satellite ready. Custom stand included (\$140). Call Jim, 736-2155, 9a.m.-9p.m.

Dell Computer monitor, \$20 OBO. Gateway Computer monitor, \$10 OBO. Both for \$25. Call 803-447-3511

HP Photosmart 7760 Inkjet Printer, NIB, \$40. Hi-Back Computer (Manager) Chair, as new, \$50. DVD Recorder and VCR Recorder All-in-One machine, NIB, \$100. EPSON Stylus Photo R340 Inkjet Printer, NIB, \$40. Call Norm at 776-3689 in Columbia.

Kenwood KAC 7052 Car Stereo Amplifier, like new, max output 920W. \$250 OBO. Call 803-408-8667 or 706-773-7990 (c).

New Scanner/Fax/Printer, Dell All-in-One 944, very nice, never used, still in box, \$80 OBO. New Printer, Epson R220 Photo Printer, \$60. Cherry wood/glass front stereo rack w/matching 3 1/2' tall CD stand, \$25/both. All prices negotiable. Kevin, 803-788-9553, lv. msg.

T-Mobile Sidekick III, 8 months old, great condition. I upgraded to Sidekick LX. Call 803-979-1283 before 9 p.m.

#### 602 Furniture

3 Loft Beds, one stained and 2 not, \$200. Negotiable-less if you buy more. Great for small bedrooms or dorms. Email MelanieGG@aol.com for pictures.

Antique Piano, \$100. Oak Curio Cabinet, \$70. Call 803-316-4821

#### 602 Furniture

7 piece Louis Phillippe Bedroom Set, \$895. Living and Dining Room Furniture, 50%-70% off retail. Financing Available. Can Deliver. Call 803-319-8043.

Ashley Furniture
Entertainment Center,
Matching TV Stand Free, like
new, \$700 OBO. Must See.
Call 865-1932, ask for Kyle.
Can email pics!

Brand New Mattress Sets:
Still in plastic, Queen set starting at \$180. King set, \$425. Full and twin sizes also available. Can Deliver. 803-319-8043.

Computer Desk for sale, \$35. Must have a large area to put it in. (H)803-699-9897 or (C)803-603-8310.

Dresser, 2 Sleeper Sofas, Brass King Bed Frame, TV Cabinet, TV and other items. Call 787-6350.

Full size mattress/box spring (Spring Air Restopedic), \$130. Full size mattress/box spring (Orthoquilt), \$130. Hide-away bed, twin size, \$30. Please call 803-479-4439.

Futon Bed, dark wood and metal, \$60. 803-234-7569

Green/Beige striped couch/sleeper with mattress and Green/Beige striped love seat, 2 end tables, 1 coffee table. Small wooden dinner table with 4 chairs. Please call for details or appointment to see items. (803) 319-4687.

Loveseat and sleeper sofa, large print, pastels on beige, extra zip-on covers for seat cushions, \$345. 803-695-0453.

Loveseat, good condition, \$35. White Formica kitchen table, very sturdy, \$25. Multi-media cabinet (used for VHS) with doors, \$20. Wooden (mahogany?) vanity stool with storage in bench, \$35. All OBO. Call 803-233-1428, evenings best. Please leave message.

Loveseat, sofa and glass table, light gray/blue, good condition, \$165. 803-309-8972.

New Ralph Lauren brown leather sofa, \$2100. 70% off retail. Moving, Must Sell. Must See. Beautiful. Call 803-477-1002

Solid Oak 3 piece Sectional Wall Unit. Center unit with glass doors and lighted. Originally paid \$1600. Will sell for \$500 OBO. Call 803-603-3129.

Solid Oak Entertainment Armoire, Dark Cherry, 6 ft. tall, 40 inches wide with 3 drawers and 2 doors that close off the TV, \$300 OBO. Cash Only. Call 803-479-4413

White Wooden Bunk Bed, mattresses included, \$350, excellent condition. We bought the bunk bed and mattresses brand new in 2006. Have only been slept on during 4 visits. Need to sell ASAP due to upcoming PCS. Contact 803-740-4087.

#### 603 Miscellaneous for Sale

05 John Deere Gator 4x2 TS. Like new with canopy cover, front bumper and brush guard. Less than 10 hrs. on motor. Polar HD trailer also available, \$5200. 803-794-0407 or 803-318-7148.

17" Chrome Rims: New tires and rims (less than 6 months of use). Came off my 04 Mustang. Paid \$1200, asking \$850. Call 803-979-1283. Have pics.

20 cu.ft. Polar HD Trailer for ATV or lawn tractor. New condition with tilt, swivel and dump features, \$300. 16' Open Trailer, double axle with electric brakes, excellent condition, rarely used, \$1500. 803-794-0407 or 803-318-7148.

2007 5x10 Cargo Craft Enclosed Trailer, black, with ramp door and stone guard on the front, \$1750 OBO. Call 803-447-3511

21" Murray 4.5 HP Lawn Mower, rear bagging, starts on first pull, \$35. Black & Decker electric Leaf Blower/Vac (Leaf Hog), \$20. Call Chris, 803-338-3064

3 person Hot Tub, 110 or 220 volt. Steps and cover included, \$650. You move. 803-413-5725

Auto Parts for Sale: UFR O/R H-Pipe for 1999-2004 Mustang GT includes BBK MIL Eliminators, \$75. 125HP NOS System w/Purge and Bottle Heater, \$650. Call Daniel at 803-528-8634.

"Bob the Builder" Tool Bench for child, like new, \$12. 803-374-0454.

Brand New Noritake Fine China, white with platinum outer ring, 8 piece set. Wedding gift-never used, \$250. Moving, Must Sell. Must See. Call 803-477-1002.

Cell Phones: Alltel LX Camera Phone, model # LX5450, \$25. Alltel LG model # VX3200, \$20. 803-427-3534.

Don Stivers Military Prints: various, including Buffalo Soldiers. Some framed, most not. Email rsarmy@aol.com for specific information and pricing, use subject of Stivers prints. Or call 803-233-1428, evenings best. Please leave message.

Eddie Bauer Stroller with car seat and base, like new. Call 776-9698.

Edge 385 Magnetic Bike, \$100. Like New. Call 776-9698.

For Sale: Fully assembled basketball backboard, hoop, pole and base, \$25. 312-4181

Formal or Prom Dresses: Black/silver sequined, size 8, \$120. Black mermaid style, size 8, w/diamond cut holes on side, \$40. Fuchsia, size 5, w/train, \$40. Marilyn Monroe style, size 9-10, \$30. Blue/silver sequin design, size med., \$30. 803-237-4041

Good Tires, size P205/55 R16 (set of 4), \$45 and size P225/70 R14 (set of 2), \$25. All prices negotiable. Call Kevin at 803-788-9553, leave message if necessary.

Golf Balls: High Quality Grade A, all per dozen (prices) or Titleist Pro V'z, \$10, Nxt's, \$8. Bridgestone, \$7. Crystal covered, \$7, Nike, \$7 (PD, Power, Mojo's). All others, \$5 per dozen. Call Don, 803-727-2205 or 803-738-0472.

Anna, 803-740-4563.

Image Fold-up Treadmill, only 2 years old, but rarely used. Paid \$250. Will sell for \$175. 699-9160.

Jack LaLanne's Power Juicer, never used. Still in box and original wrap. \$100 Firm. Call Donna, 955-9127.

Jogging Stroller by InStep, excellent condition, barely used, only 2 years old, \$40. (Costs over \$100 new). 803-374-0454.

Magique (Produced by Muzino) Hybird's 21 degree steel shaft stiff flex w/cover and 25 degree graphite shaft stiff flex w/cover, excellent/like new condition. Range balls only. Owner switched to complete set of Hybird irons, \$100/both or \$60 each. 803-237-4041.

Misses Clothing: Skirts, pants, blouse, size Med (10-12). Many never worn. Entire box \$100. Must See.

If interested please email infantmom05@aol.com or call and leave message at (803)237-0800.

Moving, selling mostly household goods, some big and small furniture, lots of fine figurines and display, 2 sizes of small chandeliers for home, bought in Czech Republic/Prague. Please contact (Home) 803-708-5889 or (Cell) 803-728-7745. Please leave message on home phone.

Nike Ignite Driver 410cc/8.5 degree, great, like new condition, 1 yr. old with new Winn Grip and original graphite shaft/stiff flex. Purchased new driver to replace, \$60. 803-237-4041

ProForm Cardio Cross Trainer 820, used very little, \$200. Set of four universal 4 lug 17" rims and tires, missing center caps, \$200. Call 803-795-8853.

Rims with covers, originals, Toyota Camry, \$60 OBO. 803-234-7569.

Tickets for Sale: A 2 ticket package to the 2008 NCAA Division 1 Men's Basketball Championship, East Regional (Sweet Sixteen), Charlotte, NC, 27 and 29 March. Total cost \$284. Phone (803) 788-0718.

#### 700 Retail for Rent

For Lease by Owner: One block off US#1, NE Columbia. 1 1/2 acre commercial space with small clean house. Could be used as home base or office with access to I-20, I-77 and US#1. Call 803-269-2523 (cell) or 803-788-7528 (Home).

#### 701 Duplex for Rent

One side of duplex for rent. 910 sq.ft., 2BR, 2BA, washer/dryer hookups and wood burning fireplace. Close to Fort and Columbia Mall off Decker Blvd. \$575/mo. plus \$575 deposit. Ap. fee and credit check fee apply. William, 788-2644. M-F. 9:30-6:00.

#### 702 Houses for Rent

10 minutes from Ft. Jackson: 2BR, 1BA, \$600/month and 3BR, 1 full and 2 half baths, \$950/month. Both have hardwoods, laundry room and appliances. Call J.T. at 803-348-6289.

15 minutes from FJ. Richland 2 Schools. 3BR/2BA, 2 car garage. 2.5 years old. Large open floorplan. \$1050 + deposit. Military Discount. Available immediately. Rent to own available. (800)620-1323 x301.

237 Tamara Way, Columbia, SC 29229, near Richland II Schools, NE: 3 Bedrooms, 2 Baths. Vaulted ceilings, new carpet and paint. 1 car garage, deck, spa. Great location near Sandhills. Contact Benita Clemons, 803-479-2231 or Kenneth Tisdale, 760-917-6231.

3 Bedroom House close to Fort Jackson. ALL EXPENSES INCLUDED. All utilities, cable, Internet and maid service included. \$695 per bedroom/person. Still have BAH left over! (800) 620-1323 x103.

3 Bedroom, 3 Bath spacious 1750 sq ft condo situated one row off arcadia lake. Safe pool, tennis \$975.00. Cable included. Military Discount. Call 803-787-9508

3116 Gadsden Street in Historic Earlewood, Columbia, only 7 miles from Post. 4 Bedrooms, 2 Baths, large garage for storage, fenced backyard. Cozy home with location close to USC, 5 Points and the Vista. \$1200/month. Call 803-767-3618.

3BR, 2BA in NE Columbia, Whitney Falls in The Summit. 2 car garage, refrigerator, washer/dryer. 1600 sq.ft. All Summit amenities. Minutes to Village at Sandhills, Richland 2 Schools. \$1050/month plus security deposit. Available Immediately. Call 803-234-4405.

3BR, 2BA with Bonus Room, large 2 car garage, fireplace, wrap-around deck on 1/2 acre, fenced yard. 1/4 mile from Ft. Jackson Gate 5. A Must See. Many upgrades. \$1000/month plus deposit. Call Rudy, 407-383-2731.

3BR, 2BA, Four Seasons Subdivision, Lugoff. Great School, New Appliances. Fenced back yard, \$900/mo., \$900/deposit. Call 803-424-6446.

Beautiful 2BR, 1BA Home: Large family room, working fireplace, eat-in kitchen, large backyard. 316 Greenlake Dr., Hopkins (Greenlake Subdivision), 8 miles from Fort Jackson, 8 miles from 8 miles from Training Center. unfurnished, McCrady \$650/mo. \$800/mo. furnished. Water/sewage included. Yvonne, 803-695-0207/Lisa, 803-795-5270.

#### 702 Houses for Rent

Beautiful 3 Bedroom, 2 1/2 Bath Home with Community Pool and Park in Lexington 1 School District. Located in Martins Grove Subdivision off Park Rd. \$1250 per month plus \$1250 security deposit. Please call 803-240-2307 or 904-814-8210.

Beautiful all brick 5BR, 3.5BA in Lake Carolina available for rent. Available May 1st. \$1995 per month. Award-winning Richland 2 Schools. Will consider Lease to Own. Call 803-699-0998 or 770-310-4774.

Behind Lexington Medical Center: 3 Bedrooms, 2 Baths, \$800/month. Trash and yard service included. Patio with privacy fence. Fireplace. Clubhouse, swimming pool. Great school district and close access to interstates, shopping, USC. Call 798-7292.

Forest Acres: 3 Bedrooms, 1 Bath, Office. Big Privacy Fenced yard, screened porch. Gorgeous hardwood floors. Very convenient to Ft. Jackson. See it at www.ahrn.com keyword "mj1". Credit check required. Call 803-528-3863

House for Rent off Leesburg Rd., just 5 minutes outside Ft. Jackson's Gate 5. 3 Bedrooms, 2 Baths, screened porch, fireplace, fenced in back yard. Dishwasher and refrigerator. Must See! Please contact 803-798-3722 for more information.

House for Rent: 3 Bedrooms, 2 Baths, 1200 sq.ft. on 1 acre, 1 mile from I-20 in Elgin, \$800/month. Call 429-1727.

House for Rent: 3 Bedrooms, 2 full Baths in quiet neighborhood in Lugoff near I-20. Central heat and air, stove, refrigerator, deck, big back yard. No Pets. \$700 per month plus security deposit. Available Now. If interested please call 803-438-3253.

Lake Carolina, fully furnished Townhouse. 3 Bedrooms, 2 Baths, porch, fireplace. Call 360-7839

Lease/Lease to Buy: Available 4/1. 1 Fountain Lake Place, Columbia. 3BR/2.5BA, 2 story house, 1870sq.ft., on large corner cul-de-sac lot. Nice neighborhood w/easy access to shopping, Hwy. 378, I-77/I-26. Richland One Schools. 10 min. from Fort. Call to view, 803-776-4380.

NE Columbia: 3BR, 2.5BA, 2110 sq.ft., 2 car garage, culde-sac, 1 year old, fireplace, balcony, patio, loft. Schools are Rice Creek, Kelly Mill and Ridgeview. Rice Creek Farms off Lee Rd., 421 Buttonbush Ct. \$1195/month. Jenny, 803-513-4936.

NE Side Home for Rent, \$1075. 3 Bedrooms, 2 1/2 Baths, 2 car garage, large fenced yard with inground pool. Available 1 April. 15 minutes from Fort Jackson. 612 Donar St. Call for a showing, 910-987-7289.

Near Ft. Jackson and VA: 3 Bedrooms, 2 Baths, Living Room, Dining Room, Family Room with fireplace, eat-in kitchen, 2 car garage, fenced backyard. \$975/month + security deposit. Call 803-227-9737

#### 702 Houses for Rent

NEW TOWNHOME, 3BR, 2.5BA in LAKE CAROLINA. Available 1 April, 2008. Washer/Dryer included. Lawn care provided. NO PETS!. Lease w/option to buy available! One year lease \$1350/month. No Deposit w/qualifying credit score. Applications by email at mortgage.kenneth@gmail.com or call 803-699-8338.

Northeast Home in Lake Carolina/Harborside, 518 Long Pointe Lane. 3 Bedrooms, 2 1/2 Baths, front porch, fenced backyard. New Appliances. 20 minutes from Base. Ready to move-family relocation. \$1350 per month. Call (407) 860-1367 or 269-1524.

Patriots Park: 3 Bedrooms, 2 Baths, easy maintenance. Very convenient to Ft. Jackson. Richland II Schools. See it at www.ahrn.com keyword "mj2". Credit check required. Call 803-528-3863

Quiet/safe country living, NE Columbia/Elgin area. 3BR/2BA home, newer subdivision w/fresh paint, carpet, wood floors. 20 minutes to Fort Jackson, 5 minutes to Village at Sandhills. No Pets. Nonsmokers. All appliances. \$950/month, \$950/deposit. 1 yr. lease. Available now. Ryan, 270-272-3771.

Ready to occupy! 3BR/2.5BA in NE Columbia: 1280 sq.ft., 15 minutes to Fort. Richland 2 School District, minutes to Village at Sandhills. All Summit amenities. All appliances and blinds included, new wood floor, fenced backyard.. \$950 plus deposit. (803) 699-7137.

Several Rental Homes and Apartments convenient to Fort Jackson. Call 803-254-6613, Monday-Friday., 9 a.m.-6 p.m. or visit our website at www.securityrealty.net

Single story house, 3
Bedrooms, 2 full baths, nice
deck and porch, wood flooring
and carpeting. Nice quiet
neighborhood behind Shaw
AFB and 25 miles to Ft.
Jackson Army Base. Military
clause. Call Lorna at 4695454.

Southeast: Beautiful Home Awaiting Family. 5 minutes from Ft. Jackson, Super Walmart and new shopping centers. 3 Bedrooms, 2 Baths and garage. Quiet neighborhood. \$950. Military discount \$925. Call 803-463-6513 for appointment.

Summer Valley, 3 Bedrooms, 2 Baths, FROG, fireplace, 2 car garage, open kitchen, fenced yard. Available end of April. \$1100. Call 803-360-7839.

West Columbia: 3BR, 2BA Home on .75 acre corner lot w/2 car garage and 24' above ground pool. Quiet neighborhood 1 mile from Wood Elementary School, 15 minutes from Fort Jackson. Small Pets OK. \$1100/month plus \$1100 security deposit. (803)781-6759.

#### 703 Apartments for Rent

Studio room for rent in Private Building. Utilities included. Call for details, 803-728-7511 or 803-782-8617 after 4:00 p.m.

703 Apartments for Rent

5516 Lakeshore Drive: Condo. BA, Upstans. , \$765/month, \$600 Cosit Kitchen, 2BR, 2BA, Upstairs. Available now. security deposit. Room, Balcon,
Water/Sewer Living Appliances, Water/Sewer included. 5 minutes from Fort Jackson. Private Community. Smokers. Pets Waterbeds. Call 803-331-2605 or email ginagate@gmail.com Ashley's Place off Fairmont, 3 miles from Gate 5. 2 Bedrooms, 1.5 Baths. \$600 per month. Renovated! 803-807-1615.

Condo for Rent: 2 Bedrooms, 1 1/2 Baths, up and down. Washer/Dryer Hookups, Pool. Point Arcadia on Decker Blvd. \$650 + water and sewer. 788-1914.

Forest Drive @ I-77. Quick walk to Ft. Jackson or drive to 5 Points/Downtown. Large, quiet, clean 1BR Apartment. Water, sewer, Wireless Internet, CH/AC, \$525. Pets? rentalsone@aol.com

803-799-7368. Virtual Tour: http://midlandshomeshow.com/pa2/

YES, WE CAN DO FURNISHED AND SHORT TERM RENTALS.

Large 2BR, 2BA Condo close to Post, 5 min. from Gate 2. Only \$725/month. Wellesley Place Condos off Decker Blvd. and Ranch Rd. MUST SEE TO APPRECIATE. Call 954-296-4133 for more info.

Lovely 1500 square foot Condo, three bedrooms, two baths, located on a Lower Richland horse farm. Convenient to Fort Jackson. Available March 15th. Rent is only \$675 per month. For more information call 776-2074.

Newly Remodeled Loft Apartment: 1BR/2BA, Rosewood area. 10 minutes from Fort Jackson. Available April 1. Washer/Dryer included. Lawn care provided. NO PETS! One year lease, \$525/month. No deposit w/qualifying credit score. Nonsmoker. Applications by email @

mortgage.kenneth@gmail.com or call (803)699-8338.

#### 704 Mobile Homes for Rent

Mobile Home for rent, \$600 + deposit. Close to Fort Jackson. 803-553-9335. Private lot, Leesburg Rd., #4162 in back.

#### 802 Resort for Sale

Timeshares: One week in Edisto Beach and one in Alexander, Virginia. Can have one or both for \$2500 each. Call 787-6350.

1667sq.ft. 3BR, 3BA, MonM, Award-Winning Lake Carolina Development. Minutes from Base. Top schools, shops and YMCA in Development. Amenities, fantastic Harborside Community. Call John Boozer, 803-917-6862. Email for details: RealEstate@JohnBoozer.com 2300 sq.ft. plus, 4 Bedrooms, 2 years old, NE Columbia, UPGRADED Home close to Fort Jackson, all for less than

House for Sale

805

x204.

313 Westlawn Rd., Woodland Hills, \$159,900: Tri-Level, Sunroom, Beautiful Yard, Oversized 2 car Garage. Lower Level with own Bath. 3BR/2BA. Century 21 Bob Capes Realtors. Call Denise, 622-5193

an E-6 BAH! Call Adrian,

Asset Realty, (800) 620-1323

325 Faversham Lane, The Hamlet, Lake Carolina, \$165,000: All Brick, 2 car Garage. All Appliances Stay! 3 Bedrooms, 2 Baths. Century 21 Bob Capes Realtors. Call Denise, 622-5193.

33 Acre Lake Front House for Sale or Rent to Own: Southeast Columbia, Richland County. Atlas Road and Garners Ferry. East Lake Subdivision. 1546 sq. ft. 3 Bedrooms, 2 1/2 Baths, one car Garage, small FROG. \$138,000. Call 803-466-1520.

621 Harmon St., Lexington, \$145,000: Perfection! Large GR with Built-ins, Screened Porch, Fenced Backyard. 2 Bedrooms, 2 Baths. Century 21 Bob Capes Realtors. Call Denise, 622-5193.

**87 Rose Drive, Rosewood, \$87,500:** Front Porch, Huge Backyard, Large Insulated Shed, 2 Bedrooms, 2 Baths. All Appliances Stay! Century 21 Bob Capes Realtors. Call Denise, 622-5193.

Alexander Pointe Must See!! House for sale. Great listing price. Only 5 minutes from Ft. Jackson. Home is 2 years young on a large lot in a culde-sac. Call 518-2645.

Briarwood Subdivision, 7 miles to Ft. Jackson: 2 story Williamsburg. 4BR, 2.5BA, 2800 sq.ft. Fenced Back Yard with Patio and Arbor. All appliances remain. 2 car enclosed garage. \$179,500. Call 803-788-1550.

Five minutes to Fort Jackson, Brick Ranch in Berkeley Forest: 3BR, 2BA, LR, DR, kitchen, den, hardwoods, solid surface counters, gas fireplace. Inground pool, sprinkler, well, screened porch, cabana, workshop. New HVAC. All appliances. Open House Sunday, 2:30-4:30p.m. \$145,000. 803-606-1982.

FSBO: 3BR w/large MBR, wainscoting throughout, 1BA, eat-in kitchen, custom cabinets, 2 ovens, lots counter space, LR, Laundry, remote ceiling fans, carport, 2 storage sheds, workshop, front porch, side deck, 2 yr old heat/air gas pack, landscaped acre. \$115,000.803-353-0507

SE Columbia: Lovely, 4 Bedrooms, 2.5 Baths, 2 car garage, 1800 sq.ft., only 5 minutes from Fort Jackson. Only 1.5 years young in a very nice neighborhood. Call (803) 518-2645 for more information. \$144.000. 803-699-9160.

Like New, 1.5 year old, 3BR, 2.5BA Home for sale by owner in Southeast Columbia. Attached 2 car garage, established lawn. Sprinkler system in front and back yards. Professionally installed wood fence surrounding backyard, modern amenities. View at

www.HomesByOwner.com/55 929 803-586-2077

NE Columbia, North Trace: Looks like new, 3BR/2BA, freshly painted, new carpet/hot water heater. Eat-in kitchen, deck, fenced backyard. \$109,000. Seller pays \$2500 closing costs. Pearl, 361-8331. Asset Realty. Inc.

NE: Beautiful Garden home on corner lot. 3 Bedrooms with an exceptionally large Master Suite, 2 Baths, Formal Dining, Living Room, eat-in kitchen overlooking private fenced yard with covered patio. Garage, Sprinkler System. 1644 sq.ft. \$131,900. Call 803-261-1278 for appointment.

Shandon Home FSBO: Priced to sell. Motivated Sellers! 3 Bedrooms, 3 Baths, 2000+sq.ft. Fenced-in yard, hardwood floors. Very close to Fort. Large laundry room. Asking \$249,000. Call 803-319-8685 or email wer4usc@yahoo.com

#### 807 Mobile Homes for Sale

2001 Fleetwood Doublewide in Gaston on 1.2 acre. 4BR/2BA, LR, Den. MBR w/walk-in closet, double vanity, garden tub, separate shower. Front porch, back deck. Fenced backyard w/barn. 1920sq.ft. Close to Hidden Valley GC \$89,000 OBO. Motivated sellers-make offer. Ryan, 803-739-2268.

3 Bedroom, 2 Bath Doublewide on 5 acres of land, located in Bethune, SC. \$10,000 down and take over payments. Serious inquiries ONLY. Please call 843-334-6031.

#### 900 Autos for Sale

1991 Toyota MR2 Turbo, 133,000 miles. Tuner project with all options/loaded. This car just had \$2500 of upgrades to the motor. Good condition, runs fast with strong turbo. \$6500 OBO. 803-960-5731

1994 Subaru Legacy LGX Station Wagon, one owner, 123,500 miles. Mechanically excellent. Babied w/synthetic oil and regular maintenance. Everything works. New Sony CD Deck w/MP3 jack & four 6 1/2" Eclipse speakers, plus remote for insurance discount. \$2795, 319-1779.

#### 900 Autos for Sale

1996 Chevy SS Impala, gray with gray interior, 90K miles, sunroof, tinted windows and new tires, many extras, \$9500 Firm. A Must See. Call 803-743-3208.

1996 Collectors Edition Corvette in Sebring Silver with gray interior, LT1 330HP AT. All options/loaded. Low mileage for 1996 model. Brand new Z rated tires. \$15,000 OBO. 803-960-5721.

1996 Dodge Grand Am Van, approximately 144,000 miles, newly painted in last year. Runs, but transmission needs work. Good tires and interior. Drives Great! Asking \$995. 803-926-3574.

1998 Chevy Malibu 4 door sedan, power windows and locks, tilt steering, AC, CD player, 138,000 miles. Looks and drives great. \$2200 OBO. Call 803-782-9802, ext. 52302.

1999 Chrysler Town & Country LXI Minivan, white W/sandstone leather interior. Captain seats plus 3rd rear seat. Approx 141,000 miles, in exceptionally good condition. Luggage rack, full power package: 8-way driver and passenger seats. Transmission recently overhauled. \$4500. John, 360-

2002 Chevy Venture Extended LS Van, 4 door, keyless entry, loaded, airbags, power driver's seat, power sliding door, premium sound CD player. Great family van. Lady driven. A must see. Clean. Only 70k mi. Asking \$6599. Call 803-312.4378

2002 Kia Sedona EX white minivan: V6 3.5L, 4WD, A/T, 80,080 miles. DVD System, leather, sunroof, privacy glass, roof rack, excellent condition! Must See! Asking \$7700 OBO. Call anytime, 803-983-4605.

2007 Toyota FJ Cruiser, 13,000 miles, 16/20 mpg, 4.0L 4wd, V6, 5 speed auto., AC, CD Player, rear window defogger, 2 full doors, 2 access doors. Rear hatch window, much, much more. Excellent condition, \$25,000 OBO. Call 803-466-1520 for details.

90 NISSAN 300ZX, 5 speed coupe. T-Tops, black with black/gray interior, AC, custom exhaust. 184,000 miles. Great car. Asking \$5800 OBO. Call 803-730-6114

93 Lexus ES300, 148,000 miles, asking \$3200. 1990 Cadillac Sedan Deville, 127,000 miles, asking \$3000 OBO. Contact 803-206-4246.

97 Ford Escort Standard, good condition. Asking \$2500 OBO. Call 360-7839.

Special Edition Chrysler 300M, 2004, black, automatic, fully loaded, Navigation System, sunroof, leather, 120,000 miles, excellent condition, like new. Must See. \$10,500. BMW 325, automatic, 93, leather seats, sunroof, rims, great condition. \$3500 OBO. Call 360-7839.

#### 901 Trucks for Sale

94 Dodge Ram 1500, green, good condition, \$2550 OBO. Call 360-7839.

#### 901 Trucks for Sale

1985 Ford Ranger Truck: 5 speed, Great Body. Replaced engine, but won't start. New tires and starter. Tool box on back. \$400 OBO. (H)803-699-9897 or (C)803-603-8310. Make me an offer. Must see first.

1992 Dodge Ram 50 Pickup. Has Mitsubishi engine (Hybridbetween Dodge and Mitsubishi). 5 speed transmission (stick). Great tires. Approximately 178,000 miles. \$1995. 803-926-3574.

1997 Ford F150 Lariat. 90,500 miles. Power doors/windows/mirrors.

Running boards, camper shell, bed liner, cruise, tilt, leather, 3rd door. White exterior, brown interior. Contact David, 803-729-4029 to arrange test drive and inspection. \$6400.

1998 Chevy S-10 Longbed, good condition, 129,000 miles. \$3000 OBO. Call Jeff @ 803-865-5199.

2001 GMC 2500 4x4 Truck, 6.0 liter AT with only 75K miles. Loaded with AC, PW/D/L/M, heated seats, towing package, leather interior, bed cover, running bars, OnStar. \$15,000 OBO. 803-960-5721.

94 Land Rover, painted black 3/20/08. Everything electric, moonroof, all the bells. Tow package. Plenty of room. Very nice truck. A Must See! \$420 OBO. Call 803-414-4557. Great vehicle to buy with income tax money!

#### 902 Boats/Equipment

05 Crestliner 2485LX Pontoon Boat with trailer. Mercury 115 hp. 4 stroke, less than 10 hours. Fish finder, 6 speaker radio w/CD, life jackets and anchor included, \$19,000. 803-794-0407 or 803-318-7148.

#### 903 Motorcycles/Mopeds

1997 Honda Pacific Coast 800cc Limited Edition, (Collector Series), fire red, great condition, garage kept/covered, new tires. Full factory windshield, trunk, luggage bags. Comes w/2 red full face helmets matching bike. Less than 8000 miles. Reduced to \$3000 Firm. 803-237-4041.

1999 Honda Valykerie 1500cc Sport Tourer, black and chrome, extras, excellent condition. Original owner. 17K miles. \$8000 Firm. Call Steve, (803) 331-4260.

For pictures email me at: seeredman14@yahoo.com

2001 Suzuki GSXR 750cc, runs great. Chrome rims, Yoshimura slip-on exhaust and chrome hand grips. 12,000 miles. Must Sell. \$3800. Garage stored. Call Phil at (803) 586-8426.

2005 Suzuki GSXR 600, 2800 miles, black/silver, chrome wheels. Complete tuneup in Dec. Asking \$4500 Firm. Female rider. Call 803-873-1828.

Motorcycle for sale: 2007 Ninja, 500cc, red/silver, 1,300 miles, too heavy for me. \$4000 OBO. Includes \$150 full cover, helmet and possible jacket if it fits. Call 803-466-1520.

#### 903 Motorcycles/Mopeds

2006 Suzuki GSX-R 600, black, silver and red. Still brand new, never been dropped, female 5 times. \$8600 OBO. Call 803-786-1158, 803-465-2203, 803-419-9406 or cell, 706-464-0831. Only serious people need to inquire.

2007 Kawasaki 500cc, red/titanium, \$3800. Garage stored and covered. 803-466-1520.

2008 Kawasaki Moped, black, 50ccs. Has a max speed of 40 mph. Excellent condition. \$1000. Call Kerry, 573-528-0591.

#### 903 Trailers Campers

1987 Fireball Camper, 38 ft., like a small 3 room apartment, good condition. Need to sell. Call Donna, 955-9127. \$5500 OBO.

2000 300 QB-Ford Coachman Mirada Motor Home, Class A, Satellite TV, Range w/oven, 4KW Onan Generator and much, much more. \$25,000. Call 803-466-1520 for more details.

2002 Coleman Pop-Up Camper, sleeps 6, AC/HT, 3 way refrig., 2 stoves. Garage kept. Camped in only a dozen times, like new condition, \$4600. 803-413-5725.

73 Starcraft Pop-up Trailer: Sleeps 6, stove, refrigerator, new canvas and screens, gas bottles, tires, wheel bearings. Totally refurbished. Ideal for family camping, \$2200. 803-794-0407 or 803-318-7148.

# REGIONAL CLASSIFIEDS

Announcements

Attention Social Security Recipients!! You need to file a 2007 tax return in order to be eligible to receive a Stimulus Payment from the IRS scheduled for May 2008. We are offering a discounted rate (\$25.00) for those that have not been required to file in the past but need to file this year in order to receive the payment. Call William F. Bodie, CPA, (803)438-6881. 23 Elm Street, Lugoff, SC 29078.

AIRLINES ARE HIRING - Training for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Job placement assistance. Call Aviation Institute of Maintenance (888)349-5387.

ATTEND COLLEGE ONLINE from home. Medical, business, paralegal, computers, criminal justice. Job placement assistance. Computer available, financial aid, if qualified. Call 866-858-2121,

www.OnlineTidewaterTech.com

CONTRACTORS SEMINARS,
INC. Exam preparation to
obtain SC state license.
General, residential &
Mechanical contractors, Certified
Pool Operators, Grading, Paving,
Sewer. Call 803-772-9596.
www.scexams.com

DIVORCE WITHOUT
CHILDREN \$85.00, divorce
with children \$95.00. With free
name change documents (wife
only) and marital settlement
agreement. Fast, easy and
professional. Call 1-888-7890198.

Announcements

FOOD LION Auto Fair - Lowe's Motor Speedway, Charlotte. Featuring: Classics, AACA National Spring Meet, customs, auction, clubs. Buy/sell. April 3-6. Info: 704-455-3205 or LowesMotorSpeedway.com

Seniors 62+: You've seen the TV ads on REVERSE MORTGAGES. Pay off your mortgage, INCOME SOURCE, No Payments EVER, TAX FREE. FREE facts: 800-490-4287.

STRAPPED FOR CASH? Refinance now! This confidential, 24-hour, automated service calculates how much you can save on your monthly mortgage payment. Call today! 1-800-459-1998 ext. 900.

TIMESHARES RESALES!!!
The cheapest ways to buy, sell and rent timeshares. No commissions, or broker fees. Call or go to 1-866-901-9899 www.buyatimeshare.com

PIANO/KEYBOARD
LESSONS BY EAR! ASK
ABOUT GROUP LESSONS!
ASK ABOUT FREE
SEMINARS! SENIORS-KIDS
ALL AGES. (DVD'S ALSO)
PENNY(803)432-4637.
Auctions

ANNOUNCE YOUR AUCTION IN 102 S.C. newspapers for only \$360. Your 25-word classified ad will reach more than 2.8 million readers. Call Jimmie Haynes at the S.C. Newspaper Network at 1-888-727-7377.

REAL ESTATE AUCTION
Saturday, March 29, 10AM
1927 Etters Lane, Cassatt, SC
Go Hwy. #1 north, turn left on
Elliott Hunter Road (Just before
R.R. Underpass). Go to Etters
Lane, follow Auction signs.

1750 sq.ft. modular home with 3BR, 2BA, Kitchen, DR, Living Room, Den w/Fireplace, Patio on 8+/- wooded acres.

Terms-Real Estate 10% Down Day of Sale. Balance at Closing (30) days. Sold with reserve! Furniture, Lawn Mower, Aluminum Boat & Other Items. Sell Absolute. Everything Sells "As Is-Where Is". All Sales Final. Sale Rain or Shine. No Buyers Fee.

American Auction & Realty Bill Dority - SCAL 1047 (803)438-5813

Boats

#### 1994 Sunbird, 18'7"

4.3 OEM Cobra Inboard/Outboard Engine. New Sunbrella Bimini top just added last summer, great protection from the sun. Runs excellent, well maintained. White interior with red carpet. Seats 8 comfortably. EZ Loaded trailer with Fulton loading guides makes loading and unloading a breeze. New pair of Gladiator Combo waterskis and Airhead tube included. Asking \$4995.00 firm. Call 803-420-2173 if interested. Business

Opportunity

ALL CASH CANDY ROUTE. Do you earn \$800 in a day? Your own local candy route. Includes 30 Machines and Candy. All for \$9,995. 1-888-771-3501. S.S. REG#664.

2003 2300 Cabana by Keystone Travel Trailer Hybrid w/slide-out. Lots of extras. Ready to camp. Like new. \$9,900 OBO. Call 669-1747.

Daycare Openings-Family Style. Limited openings: Ages 1-3 years old. Call 408-1730, ask for Teresa. DSS Reg. #18189 Employment

HELLO - Join my AVON team. Make money while you do what you do. Call Suzanne 432-7777, 427-4771.

POSTAL JOBS \$17.89-\$28.27/hr. now hiring. Paid training provided. For application and free government job information call American Assoc. of Labor 1-913-599-8226, 24 hrs. emp. serv.

#### HEAVY EQUIPMENT OPERATORS EARN BIG MONEY

Learn to Operate at Associated Training Services

888-642-7023

www.equipment operator.com

JOIN THE STAR TEAM Class A CDL Drivers Needed for OTR Routes Solo's, Team's & O/Op's

Excellent Home Time

- · Weekly Pay
- Health Benefits

## 2 yrs. exp. req. **Star Leasing, Inc.**

Call Today: 800-331-9904 xt 232 or apply online at www.starleasinginc.com

**Direct Care Positions** 

working with Autistic children needed for all shifts. HS diploma req., must be 21 & pass background check. Apply at Pine Grove, Inc., 1500 Chestnut Rd., Elgin, SC 29045 or call (803)438-3011, ext. 230, Mon-Fri, 9am-4pm. E-mail resume to kathyb@pinegroveinc.com

Do you speak fluent Spanish and English? Be more than just a secretary! Immobel.com the worlds largest provider of data translation services to the real estate industry is opening their first office outside of Europe. Because the CEO lives in Camden, we are opening our US office here.

This interesting position is full time, and has a lot of growth potential. You will handle some executive assistant functions, help with marketing, do some translating, handle some customer calls and learn the business.

Your language skills will be used to interact with Spanish language news media and reporters, helping with ad copy, helping with internet portal copy, doing research and depending on where your talents lay, you can grow in several directions as the company staffs up here. You will have the chance to work independently, and as part of the team on new product launches.

You will be responsible for

You will be responsible for tracking detail, progress and scheduling. Your Spanish language must be

Your Spanish language must be native, and very polished. Your English must be fluent.

Knowledge of the real estate business, particularly recent experience as an agent or broker is a definite plus.

If you are the right person for this job, we are looking for you. Send resume to: Blind Box 2352, c/o Camden Media Company. P.O. Box 1137, 909 W. DeKalb St., Camden, SC 29021 or email: ic@immobel.com

Rentals

Lake Wateree mobile home on big water. 2BR/1BA, large porch, dock. Lugoff side. \$500/mo. plus Deposit. Year Lease. References. 803-788-5322.

\*FORECLOSURES/BANK REPOS\*\* 7bd, 2ba \$277/mo., 3bd, 2ba \$207/mo. More homes! Grants for qualified! 5% dn. 20 yrs. @ 8%. \$1.95 for listings 800-391-5228 x S118.

0 Down, Low Payments. Own Your Home. Call (803)518-2587.

1st Month Free!! All sizes of warehouses available. ALSO, large warehouse for rent, 10x60. \$180/mo. Morris Properties 432-0539

2BR \$425/mo.apartment. 2BR apartment. \$450/mo. or 3BR starting at \$500/mo. SPECIAL MOVE-IN RENT REDUCTION. 432-7370.Energy Efficient/Ground Level-(Save Money). Call Graham Realty, Inc.

3BR, 1BA brick home with den and fenced-in yard. \$765/month. \$500 deposit. 394-9992.

3BR, 2BA doublewide mobile home on private lot in Elgin. \$600/mo., \$600 deposit. No Pets. 438-6518.

3BR, 2BA with appliances on 5 acres. 1 year lease. \$950 plus security deposit. Mindy 600-6652. www.millponds.com

450 Woods Lane. 3 bedroom, 2 bath mobile home in quiet neighborhood. Small pets with deposit. Credit & SLED checks to be done. Please call Unlimited Realty 438-4595.

Elgin country home. 510 Owl Lane. 4BR, 2BA. \$800 deposit, \$800/mo. Shane 463-7388.

FAMILY BEACH RENTALS-Plan your perfect beach trip with 440 great island homes for rent on Sunset Beach and Ocean Isle Beach. NC. www.sunsetproperties.travel/new or call 888-337-9214.

Homes from \$199/mo! bedrooms! Foreclosures, HUD and Bank Repos! 4% down, 30 vears @ 5.5% apr. For listings 800-391-5228 xf706

Large mobile home lots with trees in the Cassatt area. Not in a mobile home park. Call 432-

Looking for the perfect getaway? Palmetto Vacation Rentals has the vacation for you along the Grand Strand! Mention code SC08 for 20%

www.PalmettoVacationRentals.c om 1-888-808-2788

MYRTLE BEACH TIMESHARE RESALES. Pre-Season sale Hard Rock theme park Opens April 2008. Oceanfront resort. Summer red weeks studio-only \$4000-\$6000. Defender Realty 1-800-799-0798

N. Myrtle Beach Condo For Rent. \$750 Weekly, \$300 Weekend. Ocean View. Walking distance to restaurants, game rooms & dancing. 803-572-1310 or 572-1314

NEED RENTERS? ADVERTISE your vacation home to more than 2.8 million South Carolina newspaper readers. Your 25-word classified ad will appear in 102 S.C. newspapers for only \$360. Call Jimmie Haynes at the South Carolina Newspaper Network at 1-888-727-7377.

NORTH MYRTLE BEACH, SC. Oceanfront! Up to 20% off your vacation week. Private homes/condos. Spring/Summer Get-A-Ways! Free brochure. 1-866-276-6156 www.northmyrtlebeachtravel.com Rentals

Rent no more. Own for the same - Find out how, call (803)518-2587.

Se rentan apartamentos+casas. Apartamentos desde \$425-\$650 con 2/3 cuartos. Casas desde \$600.00 con 3 cuartos. Telefono(803)427-5159. Graham Realty, Inc.(Spanish callers only) Spacious 2BR Condo in quiet park-like setting

\$520/month. camdencondos.com or 432-5215. Office Hours: Monday, Tuesday. Thursday & Friday 9:00-5:00

VACATION RENTAL. Houses-Lake Wateree, Camden side. Both sleeps 6-8 people. Rent daily or weekly. Boat ramp & dock. 803-424-8422.

Service & Repair

\*\*"A Perfect Window"-Professional Window Cleaning and Pressure Washing.
Residential & Commercial.
Licensed, Bonded & Insured. Free Estimates, 432-3927.

\*\*Additions, Kitchen, Bathrooms Shed, Barns, Pole Building, Painting, Vinyl Windows, Siding, Pressure Washing, Insurance Claims, More. Free Estimates. 438-7463, 513-0856.

\*\*\*A Notch Above Tree Care. Full tree service w/stump grinding. Licensed/ Insured. Free Estimates. Quality servicereasonable rates. 29 yrs. experience. 803-983-9721. Free Mulch.

#### Cox's Home Repair

Electrical, Carpentry, Plumbing, Etc. 408-2625, Cell 420-8668. mcox51@bellsouth.net

New & Used AC & Heat Pumps For Sale. Installed & repaired. All work is warranted. Compressor install \$500. 803-968-9549

26 YEARS EXPERIENCE Remodeling/Additions, Garages, Vinyl Siding, Shingles, Metal Roofing, Concrete. Darryl McCaskill. Painting, call Linda. Concrete. Darryl 424-1253/549-7860(cell).

Licensed and Bonded. Free Estimates.

A1 Top Choppers Tree Service. Licensed, Bonded, Fully Insured. Tree trimming, removal, all forms 427-7698, 438of tree work. 8740

Backhoe and Bush Hogging, Lot Clearing Land Clearing and Grading. 432-7598 or 309-0508.

Barnhill's Tree Service. Tree trimming & removal. Reasonable, Reliable, Licensed & Bonded. Free Estimates. 425-7368.

Lawn Care. Grass Clyde's Weedeating/Edging, Cutting, Hedges/Shrubbery Trimmed. Also Pressure Washing-Homes, Concrete & Driveways. Call 432-4883 (H) or 424-4472 (C).

Decks Unlimited-Southern Style

Metal Roofs: Free Estimates.

Decks, Porches, Sheds, Metal Roofs, Playhouses, Horse Stables, Home Repairs, Framing & Additions. Licensed/Insured. Randy 803-713-0540/(c)803-309-2303/(c)803-243-2654.

Grass Cutting & Weed Eating. 432-4495, if no answer leave a message.

Heating & Air Conditioning Service, Repair & Replacement. No heat or air? Same day service. 803-438-6518 or cell 238-4640.

Spring Clean-Up. Leaf Removal, Landscape Maintenance & Installation, Odd Jobs, Tractor Work, Bush Hogging & Hauling. Service & Repair

HOMEGUARD CONSTRUCTION

remodeling, & additions, tile, vinvl siding, replacement windows, windows, decks, painting, electrical, plumbing. Licensed, Bonded. FREE Estimates. 438-

Langley Electrical Contractors -When Quality Counts. For all vour electrical needs call 803-432-6527.

McCaskill's Building & Construction. Remodeling, Vinyl Siding, Metal & Shingle Roofs. Garages & Replacement Windows. Free 243-9293, Estimates. McCaskill.

Precision Small Engine Repair. It's the time of year again to get your lawn and garden equipment up and running. Pick-up and delivery available. Certified master mechanic. 7482(office); 4809(mobile).

Snyder's Stump Grinding. Most for as little as 75¢ an inch. Call 425-4268, leave message, or (cell) 427-1226.

TREE WORK: Professional Tree Service, since 1984. Licensed and bonded. Free estimates. Please call 432-9385. 24-hour Emergency Service.

Triple H Specialties. Land clearing, hauling, grading & pond construction. Call Jason 803-427-3771.

Transportation \$500! POLICE IMPOUNDS! Hondas, Chevys, Jeeps, Fords and more! Cars/trucks from \$500. For listings call 1-800-706-1759

\$500! Police Impounds! Cars/Trucks/SUV's from \$500! Hondas, Chevys, Toyotas, etc. For listings 800-391-5227 xC809. \*\*POLICE IMPOUNDS\*\* 1994 GMC Jimmy \$500. Chevys, Fords, Jeeps and more available from \$500! For listings call 800-391-5227 ext N004.

### FedEx Step Van ("Bread

Truck")

87 Ford E-350 Dually Chassis. New 351 Windsor Engine (750 miles). All aluminum Grumman body. 14 ft. long cargo area. 6 new load range E tires. \$5,500 firm 438-7476

1999 SD F250 Supercab, 6.8L EFI V-10. Deep Wedgewood Blue/Grev Interior. 170K, One Owner/Well Kept. \$13,200, 704-773-0868.

ATTENTION: No Credit, Bad Credit, No Problem. Come by Credit Auto Sales and ride today! Down payment as low as \$500. Hwy. #1 South, Lugoff. 438-

Wanted to Buy

Quick Cash For Your Coins. Individual or Collection, Silver or Gold. Call David anytime at 803-732-2339

I buy junk cars and pay top dollar. No one can beat my price. 803-

I will buy your junk vehicles for cash. 803-438-8633.

We Pay \*CASH\* For Junk Cars! Will Pick Up 7 Days A Week. Call Anytime 803-464-1015 or 803-453-5088.